

JIKISHIN JU-JITSU ASSOCIATION

How did it all
start?

*We find out how two
senior sensei's started
their Ju-Jitsu journey*

Find out about
the highest
ranked woman
in UK Jikishin
Ju-Jitsu

The latest news
and upcoming
events

What is it
like to start
ju-jitsu at a
young age?



First Issue

Hello & Welcome



Welcome to the first edition of the Jikishin Magazine, a magazine which has everything members of Jikishin Ju-Jitsu Association need to know, from key dates to news and interviews with various Sensei.

In this first edition we have an interview with the highest woman in Jikishin (P18-19), a competition section with news from the latest competition, along with first hand comments from the judges and spectators (P6-13). There is also an upcoming events page (P30).

A little bit about the editor

I started Ju-Jitsu at the age of seven at North Kent Ju-Jitsu Kai and have loved it ever since. Following in my parent's footsteps I made my way through the grades until the age of 17 when I took my 1st Dan, this was and still is one of my biggest achievements and I hope to carry on my Ju-Jitsu journey into the future.

Ju-Jitsu makes me feel safe and capable that I can take care of myself if I ever got into trouble (luckily, I have never needed it yet). It's a great way to meet new people and a great talking point with friends.

I hope you enjoy this magazine and look forward to future editions!

Trudi Kitchener

Editor



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Jikishin Ju-Jitsu

What is Jikishin Ju-Jitsu?

Jikishin Ju Jitsu Association is the largest independent Ju Jitsu (or Jiu Jitsu) group in the United Kingdom. We are passionately involved with the promotion, teaching, coaching, and improvement of Ju Jitsu and Martial Arts on the International stage as well as within the UK.

With a strong, dedicated and skilled line up of highly qualified and motivated coaches, we welcome those interested in learning Ju Jitsu as a new skill.

Jikishin Ju Jitsu Association is a Founder Member of the United Kingdom Martial Arts Governing Body - UKMAGB - the premier independent Organisation for all Martial Arts and Martial Artists, currently including Karate Jutsu, Ju Jitsu and MMA in the United Kingdom.

With Headquarters in Essex, there are Jikishin clubs throughout Great Britain, The Republic of Ireland, Israel, Malta, Australia, South Africa and many other countries around the World.

Hanshi Brian Herbert started his Ju Jitsu career in 1976 training with the brothers Roy & Ray Huggins, after starting in Karate, Brian saw a demonstration of Ju Jitsu, and felt that the Art would be better suited to Self Defence, as there are more techniques, the skills are wider and more rounded than simply kicks, punches and take downs.

Brian started his first club in Corringham, East Essex in 1981 after receiving his 1st Dan, and due to his dedication, diligence and personality, the club has built a dedicated and loyal following. Hanshi Brian's philosophy in Ju Jitsu is simple - because of the methods of training, the sport is suitable for people of all ages, and has no limits with regard to size. Women and men train in the same techniques, and the use of the aggressors weight and momentum is utilised to level the playing field. Ju Jitsu caters for all, helps build self confidence and encourages friendship and cooperation.

Hanshi Brian's ambition for Jikishin is to encourage a competitive spirit, particularly within the juniors. Jikishin has seen considerable success in the International arena, and with the young Jujitsuka coming through, well trained for competition and eager to perform - further success is sure to follow.



News & Events

Whats happening in the next few months?

Well done to everyone who passed their gradings in December 2017, both kyu gradings and Dan gradings went well.

On March 17th 2018 the Kent Course and Competitions are back. After three years of successful competitions, North Kent Ju-Jitsu Kai and Kent Samurai are back hosting their fourth course and competition.

After weeks of hard training and practice, the team for the Euro-Budo European Random Attacks Championships was chosen. Well done to everyone who tried out and made it into the team.

The real training now starts to make sure we have the best chance of winning in Holland on the 15th April. Good luck to the team!

Jikishin's first fighting competitions have been postponed until later in the year.

National Jikishin Ju-Jitsu Competitions November 2017



The 27th Jikishin Ju-Jitsu course and competitions took place on the 4th November 2017, in the London Cruise Terminal, Tilbury. Once again it was a very successful and enjoyable day for everyone involved including the students, Sensei and spectators. There were 96 competitors at this year's competition, with over 230 people coming to support them.

The day started out with everyone signing in and entering the historic cruise terminal where there was a large mat area with seating around the edge for the spectators. The course started at 10am with the instructor Sensei's being introduced while everyone lined up. These included Shihan Graham Sargent, Shihan Ricky Izod, Sensei Steve Cole, Sensei Eddie Garvey, Sensei Ricky Alders, Sensei Dave Gadd, Sensei Ray Eggleton, Sensei Andy Jones and Sensei Peter McCarney; the warm up was then taken by Shihan Graham. The Sensei's were then split onto each mat with the youngest students on the left, followed by yellow, orange, green and blue belts in the middle, then purple, brown and black belts to the right. Then Sensei demonstrated various techniques to over 100 students, some involving batons and how to defend yourself with just a mobile phone.

At around 10:30am the children's kata competi-

tions started on one mat, while the course carried on. With the standard getting higher and higher every year, it is a joy to watch children develop through the grades and to watch their technique get better at every competition.

It was soon lunch time, which was followed by the traditional Jikishin walk on by all the different clubs that would be competing that day. This is a time for the spectators to see all the competitors before the competitions start and also for the students to see the wider community of ju-jitsu enthusiasts just like them who they may not see outside of their own club.

This was followed by a demonstration from the UK Demonstration team, in which they showed their Naginata display kata to music. The piece was cleverly arranged with everyone in the room watching in amazement.

Then, the competitors lined up in front of Hanshi Brian Herbert and the instructing Sensei. The youngest Ju Jitsu students then gave out thank you gifts to each Sensei. Hanshi then gave a speech thanking everyone for coming, giving special thanks to Sensei Sarah Bull, for all of her hard work in organising the competition as well as thanks to Sensei Vince Bull.

It was then time for the competitions to start. The one large mat area had now been split into

four. All four mats started with pairs demos from pee wee's on mat 4 to adults/black belts on mat 1. There were 50 competitors overall in the pairs category. The standard of these demonstrations was at an all-time high showing great technique as well as great partner work.

Following the pairs were the open hand katas, which gave competitors the chance to show the judges their perfected demonstrations, as well as their progress from last year's Nationals. There were many katas being shown from the 63 competitors taking part, including Novice Kata, Kata of blocks and strikes and Black belt kata.

When the open hand kata demonstrations were finished, it was time for the Random attacks competitions to start. This category of the competition has become more and more popular each year and with previous and current members of the UK team also competing, it was everyone's time to shine. There were some fantastic techniques from the 67 competitors of all age and belt ranges; some getting gasps from the audience. After a lot of effort from everyone, the finals for each category finished with the bronze, silver and gold medals decided.

Once all four mats were finished with the Randoms Competitions it was time for the weapons katas. Starting with pee wees on mat 4 showing their best performances, they were then followed

by the junior yellow, orange, green, blue, purple, brown, black and adult categories. There was so much talent in this year's weapons competition with 47 competitors and lots of weapons used, including Sai, nunchucku and Katana.

Lastly, the ground fighting competitions started. The whole room was buzzing with excitement, and there was a lot of encouragement for all the competitors. The categories started with the youngest students, followed by boys and girls of varying weight ranges. Overall there were 59 competitors in this category. Many fights were a tough call for the judges and referees on the mat, everyone was equally skilled and had great strength and technique. The finals took place after maximum effort from everyone and the medals were decided. Lastly came the medal presentations, these photos were taken by Sensei Earl Walker. It was lovely to see the shock and delight on the competitors faces when their names were called and they got to stand proud on the podium. Well done to everyone who competed and who won a medal for their club.



Comments from the Competition

We found out what people felt about this year's competitions

The years of practice running competitions is clearly showing with excellent organisation apparent. Much of this was clearly down to Sarah Bull organising the historic venue, the mat areas, the random attack equipment, running order and medal role of honour. No doubt, modest person that she is, Sarah would be the first to praise her assistants including Vince on PA and Kayleigh - after all, it takes teams to make big events like this run smoothly. Speaking of teams, as one of the senior referees, it was obvious to me that each mat was a tight unit with time-keepers, dressers, runners and judges. The same can be said about Hanshi Brian, the mat organisers and the catering team of Pati and Colin Humbles who provided good quality food (often home-made) and drink at a fair price with speedy delivery. Earl Walker was also busy taking lots of photos; staged, action and impromptu!

In terms of the competitors, from my point of view, I can only say that the skill of those participating in random attacks and katas (open hand & weapons) has definitely improved. We scored some kata sections where the difference between a gold medal and fifth place was only a few points with medals being separated by only half a mark, such was the calibre.

But what pleased me most was the spirit amongst the competitors, fighting hard and fair, shaking hands and embracing afterwards. Near my mat, I noticed senior students, regardless of club affinities, supporting and encouraging all participants. I shouldn't forget that the day wasn't just about the competition - there was a course and a naginata demonstration from the UK demonstration team. Both were excellent (though I may be biased!) - I feel for those who were unable to attend and missed out.

It was a good day.

Shihan Graham Sargeant 7th Dan



From arrival to leaving I felt that everyone's best interest was considered.

As a parent spectator we had plenty of seating and cheap hot drinks and food. The children competitors were engaged in the training during the morning which had been clearly thought out. This meant that parents could watch, relax and get to know other parents. During the actual competitions everyone cheered on other children in the same club which is very uplifting. I've had a parent from another club say that my child did brilliant and deserved that win. This was very rewarding. I also cheer on other children, the spirit is less about individual achievements and more about them as a team. I have been to 6 competitions and feel that the competitors get better each time as they adapt and learn from the previous competition.

The children are the majority and I think that they are considered high priority in enjoying their day.

I thoroughly enjoyed the day.

Lauren - A regular parent at Jikishin Competitions

Comments from the Competition

On 4th November 2017, I had taken part in my 6th Jujitsu Nationals competition. This one was different since me and 5 others who were on the UK Demo Team got a chance to show the kata that we did in Belgium back in April. The atmosphere is great as it always is, children enjoying themselves, while organisers scramble in the background trying to make the day run as smoothly as possible. I was lucky to have been a part both organiser and competitor, and as always it's an incredible day for me, and my partner whom I won a gold medal with in our famous 'bar tray' kata.

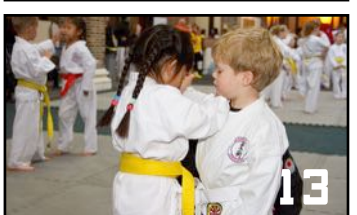
Sensei Sophia Allwood, 2nd Dan



Taking part in my first ever Jikishin National Jujitsu competition was a great experience for me but a very long and tiring day. Arriving at 7.30 in the morning to set up 2.5 hours before the competition started was certainly fun. My day proceeded following registration with a course delivered by high grade instructors teaching us things that we "would never have seen before", the course was interesting and somewhat painful as I was asked to act as partner during the initial demonstration of techniques. I can still remember that punch to my gut. After breaking for a much needed lunch me and my partner in relationship and training took to the mat to perform our well-rehearsed "bar tray" pairs demonstration which excited members of the crowd as I was repeatedly hit over the head, gut and arms with a metal bar tray. After our success at winning gold in the pairs demo, it was my turn to head onto the mat alone to perform in my recognised competition style of "Random Attacks". After beating off the competition I found myself coming home that weekend with a total of 2 gold medals. One for the pairs demonstration and the other for my work in the "Randoms". A fantastic day and opportunity for me to test my skills, learn new techniques and to meet fellow students.

Nathan Long, Green Belt







Student's Training bag

- Coloured Belt
- Training Gi
- Licence
- Notepad
- Weapons
- Knife
- Water

What's in your training bag?

What do you keep in your bag? These are the things that you may need in a training session.

Every student from every Ju-Jitsu club around the country will have a training bag of some kind. There may be some differences between you and your peers. We have written the basic things that will guarantee you will have everything you need for your training.

Coloured Belt & Training Gi- It doesn't matter what your grade, you will have a belt to wear! Your belt will tie everything together when it comes to your Gi. As well as this, it will help your sensei know which grade you are and which grade you are training towards.

Licence- Keep your licence with you at all times when training. It is a record of what you have achieved and it keeps all the important paperwork you may need such as your insurance.

Notepad- If you're like me, and you forget everything before you get home, a notepad may come in handy. Write everything down in a way that you understand, this could be techniques for your next belt, weapons katas or open hand katas.

Weapons- Usually, if you are below green belt, you may not need to carry weapons with you unless you are training for competitions. Weapons Katas are a huge part of Ju-Jitsu and you will need to pass the first five basic weapons before you pass your black belt.

Practice rubber knife- Knife attacks are part of all grades and it is always good to have one handy when training.

Water- Keep hydrated! Drink water throughout your training sessions to keep your energy up and your body healthy.

What's in your Sensei's training bag?

Instructors Training bag

- Belt
- Instructors Gi
- Licence
- Notepad
- Weapons
- Knife
- Register
- Water

Believe it or not, your sensei started as a white belt, just like you did. So you will probably find that they have a pretty similar bag to you, plus a few instructor needs.

Belt- Your sensei will have the belt that everyone aspires to- a black belt. Red tags on the belt will determine which Dan they are, belts from 1st-4th Dan will have red tags, 5th Dan and above will change colours in blocks and stripes.

Instructors Gi - Instructors Gi's are white with black stripes down the side. Then sensei's with black Gi with red collar are 4th Dan and above.

Licence- Instructors will have the same licence as you. It will probably have more parts filled in such as seminars, competitions and Kobudo.

Notepad- It is always handy to have a notepad in your bag, no matter what your grade. Making notes of new techniques that you have made up to show your students.

Weapons & Knife- Sensei's will have a collection



of weapons that you may never of seen before. There are many weapon katas that anyone can learn and will need to learn, all the way up to level 1 weapons.

Register- Sensei's will normally monitor who is in class and who is ready to grade, a register is an easy way to keep track of this. The register is also used to know who was in class if there is an evacuation of the training hall during training.

Water- Everyone needs to hydrate!

Documentation- Various documents, including DBS certificate, club indemnity insurance, first aid and coaching certificate, all of which could be asked for by any body inquiring about the club.

Weapons

Weapon training can be practiced from any age and any grade, learning weapon katas is a main part of training when it comes to passing your 1st Dan. Many people enjoy learning weapons katas and showing them to Sensei's at yearly competitions.

The first five weapons taught in our Ju-Jitsu during training. From green belt, a student can start to learn how to handle weapons. This can be achieved by going on kobudo sessions to learn kata for each of the weapons shown below. As they progress, different weapons and kata can be learned. Assessments take place to check that the student is competent in the learned kata. There has always been some debate as to the origins of the weapons below. It has been stated that weapons were banned in Japan and farmers developed weapons from farming implements they used every day. Other say the weapons were developed specifically for that purpose.

Nunchuku

Also known as rice flail, which would have been used by the farmers for threshing rice.

The two wooden parts are joined by a rope or chain, (the earliest ones were joined with horse hair). These can be spun or thrown out to strike an opponent. Also they can be used to block, strangle and used as a means of escaping grabs.

Tonfa

Thought to have originally been made from the handle for the mill stones used to crush the grain. These are normally used as a pair. They consist of

a wooden shaft with a side handle. The tonfa can be held either by the side handle or the main shaft and either spun out to strike or used to strike directly. Also tonfa can be used to hook or block punches or attacks by other weapons. They are now used by the police force.

Bokken

This is the samurais' practice katana. It is formed to have the same shape and edges as the katana but can be used at full force to practice foot movement, balance and focus without causing possible serious injuries if they were using a live katana.

Bo staff

Used to carry baskets or buckets over the shoulder but could quickly be deployed if the person was attacked. The staff is approx. 2 Metres long and used to block and strike, whilst keeping the attacker at distance.

Sai

This metal shaft with two usually curved handles could have been from the axle pin of a wooden cart, where the main shaft part was in the axle, and the two handles went into the wooden wheel to lock the wheel to the axle.

Again, usually used as a pair, the sai are usually held with the handle place between the thumb



and forefinger and the shaft of the sai lying down the arm. They can also be used holding the handle part. The sai can be used to block punches or other weapons attacks. The handles can be used to lock and snap sword blades. Striking can be either by flicking out the sai or striking with the end of the handle.

Kama

The kama, as a weapon, was developed from the sickle, which was used to cut crops.

The kama are normally used as a pair but can be used singularly. The point can be used to stab, whilst the sharpened edge of the metal blade can be used to slice.

The part here the blade meets the handle can be used to block and trap an opponent's weapon. The edge of the blade would be kept razor-sharp for crop cutting, though this is sometimes a cause of accidents by unskilled students training with them. Therefore, kata kama, which have blunt

blades, are the usual ones used in training. Kata using the kama usually involves twirling and large arching motions and, for students that are proficient in using the kama, these katas look very fluid and beautiful to the observer.



The Highest Ranked Woman in UK Jikishin Ju-Jitsu

Ann Kitchener is the highest ranked woman in UK Jikishin Ju-Jitsu at 5th Dan. She has been kind enough to answer some questions about her ju-jitsu career.

1. How long have you been doing Ju-Jitsu?

"I have been practicing Ju-Jitsu for 30 years"

2. What club are you from?

"I am from North Kent Ju-Jitsu Kai, which I now own."

3. What made you want to start Ju-Jitsu?

"I was moving into a house on my own and wanted to learn self defence. A friend I worked with was already doing Ju-Jitsu at North Kent Ju-Jitsu Kai and offered to take me along after explaining all about it."

4. What is it like being the highest woman in UK Jikishin Ju-Jitsu?

"It is an honour to be the highest women in UK Jikishin Ju-Jitsu. It has been a long journey and taken a lot of hard work and dedication to get here, but well worth it."

5. What advice would you give someone who wants to start Ju-jitsu?

"I would tell them its good exercise a fantastic way to learn to protect yourself and it is also fun. You will make lots of new friends along the way. There are plenty of competition and courses you can get involved in, along with learning how to use weapons by completing katas and there are also defences against knife and baton attacks you can learn."

6. What are your top five favourite techniques?

"1st - the Outer Wheel throw, 2nd - Inside Hock throw, 3rd - dropping full shoulder throw, 4th - Body drop throw and 5th - Rear throw."

7. Do you enjoy teaching Ju-Jitsu?

"Yes, it is great to see students learning as they progress through the grades. It is good to see their confidence grow and their knowledge and understanding increase."

8. What is your favourite weapon?

"It would have to be the Sai. I find them graceful katas, showing the different types of strikes and blocks. There are three katas, all of which i enjoy."

9. What is the hardest thing you have had to do in your ju-jitsu career?

"I think all gradings have their own degree of difficulty and it doesn't matter how many gradings I have done, I am still very nervous at the start of each one."

10. What is your favourite open hand kata?

"2nd black belt Kata of blocks. I like the way its demonstrates all the different left and right hand blocks that are within the syllabus."

Junior Section

What is it like starting your Ju-Jitsu journey at a young age?

Many Jikishin Ju-Jitsu clubs have junior classes with the minimum age starting at just 3 years old.

Starting a martial art at a young age has many benefits. For example:

- It keeps children's fitness up.
- Children have more time to learn, compared to adults who may have a full-time job.
- It builds children's confidence.
- Children gain social skills.
- It makes a child's coordination better.
- Children learn respect, not only to their Sensei's, but to their peers.
- It makes children more aware of what and who is around them.
- Children become more flexible.
- Children learn memory skills.
- Children keep the knowledge so when they get older, if they ever needed to use their skills, they could.
- Children's reaction times get quicker.

I asked a student who started her journey from a young age what she thought of Ju-Jitsu, and how far she had come.

Name: Amy

Age now? I am 16

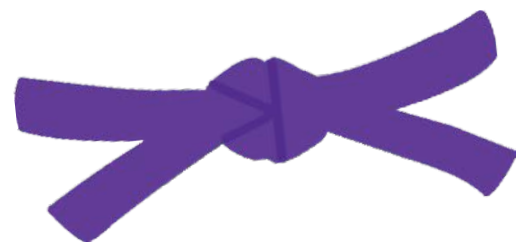
How old were you when you started Ju-Jitsu? I had just turned 8 years old.

What belt are you now? Purple Belt

What is your favourite part of Ju-Jitsu? I really like to run through my syllabus and realise that I know it and I'm ready to grade.

Why did you start Ju-Jitsu? I started ju-jitsu mainly because my sister had joined and I didn't want to miss out. Other than that I thought it could benefit me in the future.

What would you tell a child who wants to start ju-jitsu? I think it was the right decision to start jujitsu at a young age, one reason is because you can grade with a little extra help and also the earlier you start, the earlier you will get to black belt (if you continue on that far). Also doing ju-jitsu while at school I have had time to do my syllabus and gradings after school and rarely had to miss lessons due to other commitments.



Amy passing her white-yellow belt at the age of 8





Sensei's Story

My name is Terry Kitchener and I am currently a 4th Dan within the Jikishin Ju-Jitsu Association.

I started late in Ju-Jitsu training, in 1986, at the age of 29. A friend of mine heard that there was a new martial arts club opening in the Northfleet area and would I go along with him. I said I would go with him until he had found someone to train with, as I thought I was a bit old to be getting into martial arts.

So along I went and started training under the instruction of Sensei Tony Trueman at the brand new club, North Kent Ju-JitsuKai. The early stages, learning breakfalls for instance, was a bit harder for me, as the younger students were a bit more flexible and agile than me.

As I progressed through the kyu grades, I found that the training was enjoyable and my fitness increased, the social side of the club was also a bonus, meeting new people as they joined.

My training partner and I were training together through the kyu grades up until when we decided to go for our 1st Dan black belt, when he decided to leave.

I then started training with Ann, who is now my wife. The 1st dan training was one of the hardest physical things I have done in my life, aerobic fitness being very important. I remember coming out of my grading and my gi being soaked in sweat. After, at the presentation ball, all I wanted to do was sleep, but I managed to keep awake and celebrate with a few pints.

I then progressed up with my 2nd Dan, using Ann as my oke. My grading was two weeks after we got back from our honeymoon, so whilst we were in St Lucia, Ann was sunning herself, whilst I was in the gym every day and studying for the grading.

After my 2nd dan sensei Trueman decided to give up the Ju-Jitsu and move up country. He handed the club reins to Ann, Mark Hafner and myself to take over ownership. Five years ago, Mark decided to give up training and now it's just the two of us.

After 32 years, North Kent Ju-Jitsukai is still running strong with a good membership of adults and children. We have three other dan grades that help out with teaching in the various classes.

I have steadily progressed through the Dan grades, I hope to be able to complete my 5th dan in December of 2018, (60 year old body parts and memory permitting).

I have met a lot of people during my 32 years in Ju-Jitsu, some of which have now become close friends. I hope to continue with my training in the future, (the mind is willing but the body feels it more now).

One of the main parts I have enjoyed over the years is to see students' progress up through the grades until they achieve a level at which they decide to break away to run their own clubs.

This is a great thing for any instructor to see.

I would recommend Ju-Jitsu to anyone as a very good way of keeping fit and learning a very useful art but, like any physical sport, you get out what you put in. Do not be in a hurry to get through those gradings. Don't be a 'belt chaser', always in a rush, as I have found, most of these students tend to fall by the wayside due to impatience. There will be flat spots in your training, where nothing seems to be happening but stick with it and your Ju-jitsu will be to a good standard and you will feel happier with it.

Sensei's Story

My name is Earl Walker, I started my journey in Martial Arts at the age of 8 when I started boxing at St. Georges Boxing Club in the East End of London. I boxed for many years and at the age of 18 started working the pubs and clubs in London. Quickly discovering that my skill set was lacking, I commenced amateur Freestyle Wrestling and continued to wrestle for 7 years. My ethos was to try different arts such Judo, Karate, Taekwondo, Thai Boxing (Muay Thai) and kickboxing, and latterly MMA (Mixed Martial Arts).

I began my Ju Jitsu journey at 37 in April 1991 at the Jikishin Club in Harlow, Essex, run at the time by my original sensei Steve Fryer, to whom I will be forever grateful. I started the same night as Wayne Bowen, with whom I trained and took all Gradings from white belt to 1st Dan Black Belt. Wayne and I trained both at Harlow, and under the Association Head, Professor Terry Parker, at Ongar.

I took on the Ongar, Essex Club as Instructor in 1993, whilst still a brown belt, and the Harlow, Essex Club in 1995 after the retirement of my Sensei Steve Fryer. I have run the clubs since, with my wife Jackie who is a 4th Dan. I qualified as a Senior Instructor in 1995 and have seen many students go on to achieve high grades. I am proud of the standard of student that we produce at the Hando clubs, and the open attitude to training at the clubs gives both instructors and students plenty of things to think about. In addition to Ju Jitsu, we cross train in aspects of boxing, wrestling, judo, karate, with an emphasis on Self Defence, ground-fighting,

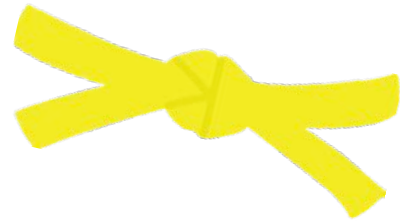
sparring and MMA. Our students compete in national and regional competitions and have won hundreds of medals in the fighting arts and kata.

Every new student comes to our Ju Jitsu classes with their own expectations. I am a great believer in meeting or exceeding those expectations and in giving each and every student the tools required. Training is relaxed, but disciplined, and our students, both junior and senior, are respectful and dedicated.

I currently fulfil the roles as the Jikishin JJJA and UKMA GB National Fighting System Coach, the Jikishin Ju Jitsu Association & UKMAGB National Health & Safety Officer, the Hando Ju Jitsu Clubs Health & Safety Officer, the Web-master for www.jikishin.com. I am a qualified BTEC Level 3 Self Defence Instructor and I run a Personal Safety Training company: www.personal-safety-training.com.



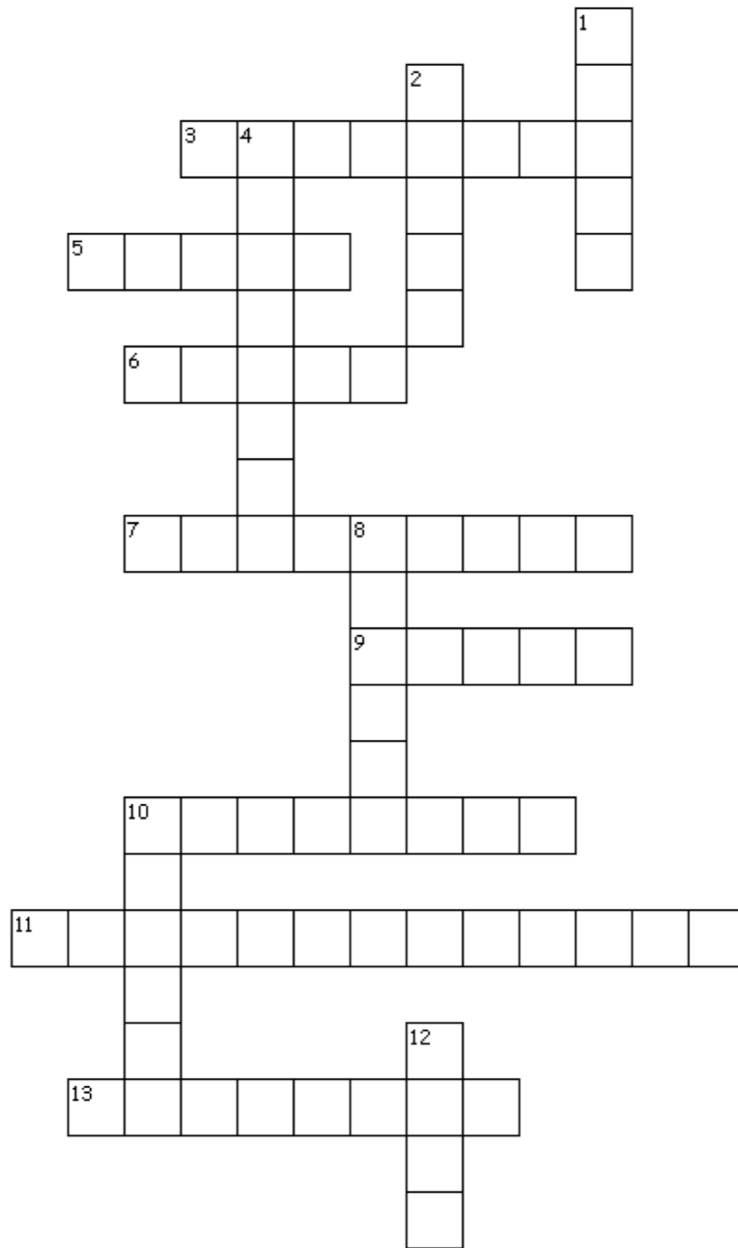
Puzzle Page



Work out the clues to fill in the crossword

Across

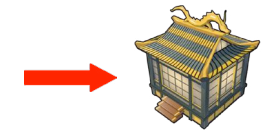
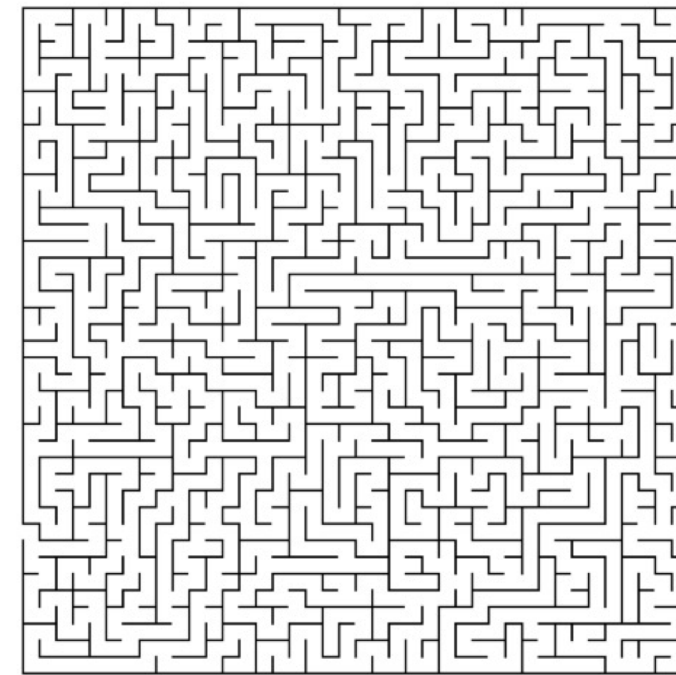
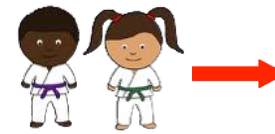
- 3. sequences of predetermined fighting actions, without weapons.
- 5. the Japanese word for 2nd Dan
- 6. wooden stick.
- 7. a controlled fall in which most of the impact is absorbed by the arms or legs.
- 9. the minimum amount of years for an adult to get to black belt.
- 10. the list of techniques you need to learn for a grading.
- 11. popular competition category, European championships are coming up.
- 13. one of the first throws you learn.



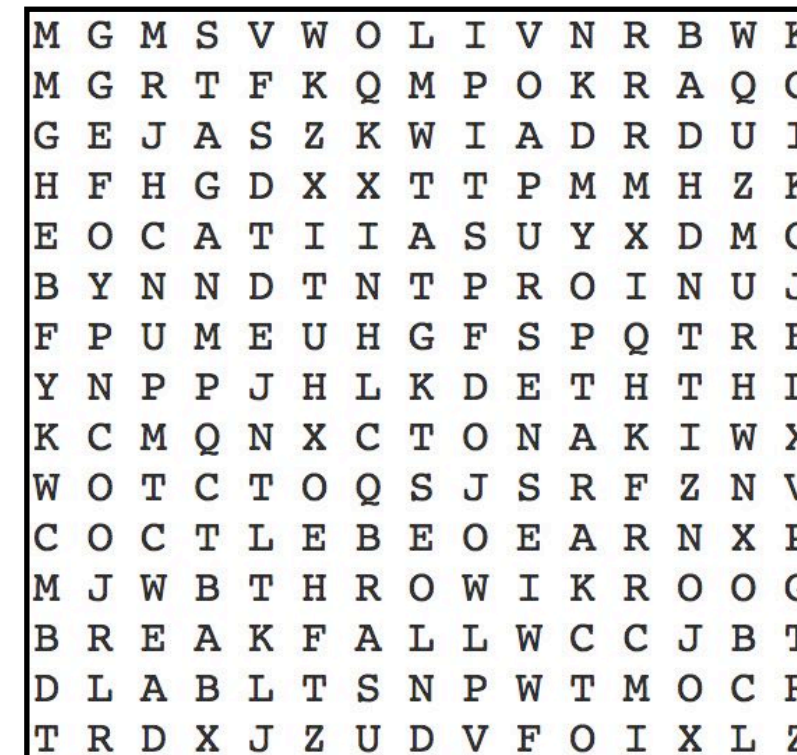
Down

- 1. defines which club you are from, normally sewn onto your Gi.
- 2. the colour of your belt when you first start ju-jitsu.
- 4. makes perfect.
- 8. a long, single-edged sword.
- 10. what do you call anyone with a black belt.
- 12. what is the place called where you train.

Go through the maze to get to the Dojo!



Find the words on the right in the wordsearch below



- ADULT
- BELT
- BLOCK
- BREAKFALL
- COMPETITION
- DOJO
- GRADING
- JUNIOR
- KATA
- KICK
- LOCK
- PUNCH
- SENSEI
- THROW
- TONFA
- WARMUP

Clubs

All available club websites & Sensei's can be found below
All information is also on the Jikishin website



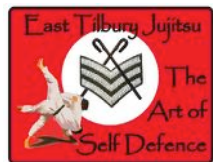
Brentwood Ju-Jitsu-

Instructors- Sensei Alan Stone, 2nd Dan
Website- <http://www.brentwoodjujitsu.talktalk.net/>



Cheshunt Ju-Jitsu Club-

Instructors- Sensei Steven Spicer, 2nd Dan. Sensei Graeme Moore, 2nd Dan.
http://www.jikishin.com/clubs_and_coaches_jikishin_ju_jitsu/cheshunt_jjfc_ju_jitsu.html



East Tilbury Ju-Jitsu Club-

Instructors- Shihan Graham Sargeant, 7th Dan & Shihan Chris Shepperd
http://www.jikishin.com/clubs_and_coaches_jikishin_ju_jitsu/east_tilbury_club_ju_jitsu.html



East Thurrock Jikishin Ju-Jitsu Club-

Instructors- Hanshi Brian Herbert, 9th Dan
<https://en-gb.facebook.com/EastThurrockJikishinJujitsu/>



Hando Ju-Jitsu Club-

Instructors- Sensei Earl Walker, 5th Dan. Sensei Jackie Walker, 4th Dan.
<http://www.handojujitsu.club/>



I-Doshi Ju-Jitsu Jikishin-Do-

Instructors- Sensei Trevor Wickett, 4th Dan.
<http://neejjclub.wixsite.com/idoshi>



Imperial Ju-Jitsu Club-

Instructors- Sensei Peter McCarney, 4th Dan.
No Website

石垣柔術

ISHIGAKI JU-JITSU

Ishigaki Ju-Jitsu Club-

Instructors- Simon Powell, 5th Dan, Sandy Mackay, 5th Dan.
<https://www.ishigaki.org.uk/>



Jikishin Karate Jutsu Kai-

Instructors- Sensei Wayne Williams, 3rd Dan.
<http://waynewilliams22.wix.com/jikishin-karate>



Kent Samurai Ju-Jitsu-

Instructors- Sensei Eddie Garvey, 5th Dan. Sensei Haroulla Metaxas, 3rd Dan.
<http://officialrobsonsmith.wixsite.com/kentsamurai>



North East Essex Ju-Jitsu-

Instructors- Colin Humbles, 6th Dan.
<http://neejjclub.wixsite.com/neejj>



North Kent Ju-Jitsu Kai-

Instructors- Sensei Ann Kitchener, 5th Dan. Sensei Terry Kitchener, 4th Dan. Sensei Grant Wakeman, 4th Dan.
<https://www.nkjkk.com/>



Ockendon & Romford Ju-Jitsu Club-

Instructors- Shihan Ricky Izod, 7th Dan.
<http://www.ockendon-romford-jikishin.co.uk/>



OEL Ju-Jitsu Club-

Instructors- Sensei Lee Bywater, 4th Dan. Sensei Tony Park, 4th Dan.
<http://www.oeljujitsu.co.uk/>



Ryu Ju-Jitsu-

Instructors- Sensei Ray Egelton, 3rd Dan. Sensei Lorraine Egelton, 3rd Dan.
<http://www.ryujujitsu.com/>



Southend Ju-Jitsu Club-

Instructors- Sensei Gino Muscat, 3rd Dan.
<http://sosjujitsu.com/>



Swindon Ju-Jitsu Club-

Instructors- Sensei Steve Cole, 5th Dan. Sensei Baj Bharj, 5th Dan.
<http://www.swindonjujitsu.com/>

Upcoming Events

All dates are subject to change

KENT COURSE & COMPETITIONS 2018

Date: Saturday 17th March 2018

Place: The Homesdale School, Malling Road,
Snodland, ME6 5HS

Start Time: 10:30am

EUROPEAN RANDOM ATTACKS CHAMPIONSHIPS

Date: Sunday 15th April 2018

Place: Tilburg, Holland

TBC- KYU GRADINGS

TBC- KOBUDO

TBC- SWINDON COURSE

TBC- REVISION COURSES

TBC- JIKISHIN GROUND FIGHTING COMPETITIONS

TBC- CORNWALL COURSE

TBC- JIKISHIN NATIONAL COURSE AND COMPETITIONS

TBC- DAN GRADINGS & CELEBRATORY DINNER & DISCO



Message from the editor

Thank you to everyone who helped me create this magazine, including:

Hanshi Brian Herbert
Shihan Graham Sargeant
Sensei Ann Kitchener
Sensei Earl Walker
Sensei Terry Kitchener
Sensei Sophia Allwood
Amy Oram
Nathan Long
Lauren Williamson
William Payne
Claire Sambrook

To the best of my knowledge, all of the information in this magazine is accurate. Information is from the Jikishin website: www.jikishin.com.

Trudi Kitchener
Editor





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