

JIKISHIN JU-JITSU ASSOCIATION

How did it all start?

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

**Meet three Junior
Black Belts**



**The latest news
and upcoming
events**

**New in this issue
- Meet the club**

**Competitions
2019**

Second Issue

Hello & Welcome



Welcome to the second edition of the Jikishin 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 edition we have new Sensei's telling their story, we meet Ishigaki Ju-Jitsu Club and find out about what it's like to be a junior black belt.

A little bit about the editor

Hi, I'm Trudi. 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, I then took my 2nd Dan at the age of 20. These are two of my biggest achievements and I hope to carry on my Ju-Jitsu journey into the future.

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, 9th Dan, is the Head of the Jikishin Ju Jitsu Association.

With more than 35 years experience practicing, teaching and promoting Ju Jitsu and Martial Arts, Hanshi Brian Herbert is uniquely placed to drive the art forward in the 21st century.



National Jikishin Ju-Jitsu Course & Competitions November 2019

On the 16th November 2019, in the London Cruise Terminal, Tilbury, the 29th Jikishin Ju-Jitsu course and competitions took place. Once again it was a very successful and enjoyable day for everyone involved including the students, Sensei and spectators. There were 91 competitors at this year's competition, with over 150 people coming along to support them. There was an electric atmosphere from the start and as soon as the competitors had signed in, spectators had got their wrist bands, everyone was ready to start the day. The course started at 10am with the instructor Sensei being introduced while everyone lined up. These included Shihan Graham Sargent, Shihan Ricky Izod, Sensei Steve Cole, Sensei Eddie Garvey, Sensei Ricky Alder, Sensei Sandy Mackay, Sensei Peter McCarney and Sensei Dave Gadd. This year there were two special awards in the form of 6th Dan grades presented to Sensei Eddie Garvey and Sensei Ricky Alder. The instructing Sensei were then split onto each mat with youngest students to the left, followed by varying age categories up to adults on the right. Then Sensei taught various techniques to the students, moving around every 15 minutes, moving on to teach different age groups. It was great to see everyone learning together and being able to meet new people and there were some brilliant techniques being shown from the instructing Sensei. It was soon lunch time, which was followed by the traditional Jikishin walk on by all the various clubs that would be competing. This is a time for the spectators to see all the competitors before the competitions started and also for the

students to see the wider community of ju-jitsu enthusiasts just like them who they may not have seen outside of their own club. The competitors were lined up in front of Hanshi Brian Herbert and the instructing Sensei. Using some of the youngest Ju Jitsu students, thank you gifts were given to each of the instructing Sensei. Hanshi then thanked everyone for coming and supporting the event. It was now time for the competitions to start. The one large mat area had now been split into four. Three of the mats started with random attacks, with the furthest right mat starting with adult open hand katas. The standard of these demonstrations was at an all-time high showing great technique as well as great partner work. Each open hand category was demonstrated in front of Hanshi Brian Herbert, Sensei Tony Park and Sensei Wayne Williams, with each person doing their best 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 59 competitors taking part, including Kata of blocks and strikes, Novice Kata and 1st Blocking Kata. The random attacks competitions were also taking place at this time. With the upcoming European championships in Spain now within touching distance, this was a great time for the competitors to practice their techniques. This category of the competition has become more and more popular each year and there was an obvious high standard of techniques being shown, all the way from our youngest competitor through to our oldest. With the standard getting higher and higher every year, it is a joy to watch everyone

develop through the grades and to watch their technique improving at every competition. After a lot of determination from everyone, the finals for each category finished with the bronze, silver and gold medals decided. Once all four mats were finished with Random Attacks and Open Hand katas it was time for ground fighting and weapons katas. Starting with pee wees on mat 4 showing their best performances, 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 41 competitors and a full variety of weapons used, including Sai, Nunchucku and Katana. While the weapons were being shown, ground fighting competitions also started. The whole room was buzzing with excitement, and there was a lot of encouragement for all the competitors from the crowd. The categories started with the youngest students, followed by boys and girls of varying age and weight ranges. Overall there were 62 competitors in this category. Many of the fights were a tough call for the judges and referees on the mat, with everyone equally skilled and having great strength and technique. The finals took place after great effort from everyone and the medals were decided.

Once all single katas were completed, the judges moved on to pair katas and the new category for this year, team demonstration. Pair katas have been getting more popular over the last few years and there were some amazing performances using fans, Sai and open hand katas to create perfectly synchronised performances. The team demonstration was an open category this year with children and adults all competing in one category. There was a feel of amazement in the air, with the audience watching a variety of katas including original pieces and Jikishin katas. Lastly came the medal presentations, there were a total of 142 medals presented and every club left with at least one medal. The photos were taken by Sensei Trudi Kitchener. It was lovely to see the shock and delight on the competitors faces when their names were called and they got to stand proudly on the podium. Well done to everyone who competed and well done to all who won medals. A special thank you to the organisers, especially Sensei Sarah Bull, without who, the event would not have run so smoothly.



Comments from the Competition

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

We at Swindon Ju Jitsu always look forward to training alongside our good friends and fellow Ju Jitsuka at all the organised events throughout each year, the National Course and Competitions at Tilbury naturally always being one of the annual highlights. Because of the distance to travel and the early start we tend to stay over in a hotel the night before, so it was an evening meal and only one beer (!!) before an early night. What a fantastic setting Tilbury cruise terminal is for a seminar with its genuine sense of history and impressive architecture. Massive praise must go to Hanshi Herbert and of course Sarah Bull and the whole team for so professionally organising the event, it seems to get better every year. This years course started with the very welcome announcement of the grade promotion to 6th dan for Sensei Eddie Garvey and Sensei Ricky Alder, congratulations to both of them, very well deserved. I felt the standard of Ju Jitsu demonstrated by all entrants in this year's competition was absolutely outstanding, quite simply a pleasure to watch and of course to judge.

Although each contest is taken seriously by every participant, the sense of fun and enjoyment is never lost, such enthusiasm, along with a genuine love of Ju Jitsu, but with great respect and friendship between all. It was also fantastic to see and hear such positive encouragement from the spectators, no doubt many of whom were parents, but happily cheering on everyone taking part. I always find these events personally inspiring to me, I can't wait to get back into my gi, get back onto the mat for a thoroughly vigorous and physical session, only to very quickly realise those days are now a very distant memory for me, sadly long gone and should rightly remain so. (at least until I watch the next comp or grading!). I really enjoyed the day, thanks to everyone involved, looking forward to the next one.

Sensei Steve Cole, 6th Dan



Harry took part in his first competition in November 2019. He didn't really have a lot of confidence, but with the Sensei's help and everyone else behind him, he came away with a medal which he was really pleased with. He's now looking forward to his next competition. They really are like a little family and are so welcoming, would recommend Ju-Jitsu to anyone.

Lauren - A first time competition parent



Meet Ishigaki JuJitsu

Ishigaki was formed in 1994 by four gay men who were already jujitsoka within the Jikishin association. Their previous club had folded, and they set up a club that focussed on recruiting LGBT (Lesbian, Gay, Bisexual, Transgender) people to train at jujitsu. Twenty-five years later, the club embraces the club's initial goals while responding to opportunities to make a greater contribution. Ishigaki are committed to the principals of jujitsu training for physical well-being, self-defence and social cohesion. The physical discipline of jujitsu training enhances our physical and mental well-being. Our qualified coaches deliver a variety of training experiences across five dojos (London and Brighton), each with their specific focus and specialities. Techniques throughout the syllabus enable ishigaki members to be more confident that they have skills to defend themselves. Our experience is that many of our members have encountered situations where their jujitsu training helped, either in giving themselves the emotional and mental capacity to de-escalate confrontations, or in physically defending themselves during an assault. Our informal post-training social interactions are a tonic after the physicality of training. When I see the fluid and familiar interactions, it is amazing to consider that none of our members knew each other when they first turned up to our dojo.

In the last few years, we developed a dynamic and engaging recruitment process as our ongoing social media presence ensures a flow of people to regular new joiner's day events. This features the delivery of jujitsu techniques in an inclusive, fun atmosphere which encourages the development of social interactions while learning simple jujitsu techniques. This has improved our conversion rate from first visit to ishigaki members with an increase to 95 members at the end of 2019. Interest in competitive jujitsu is on the rise within ishigaki. We have a group of students trained to be medal competitive at Jikishin events. In September 2020, ishigaki will host a Jikishin event of morning seminars then afternoon competitions. We encourage all adults (and teens) within Jikishin clubs to bring your best performance to compete with ishigaki across the belt range and competitive divisions.

石垣柔術
ISHIGAKI JU-JITSU





Ask a Kyu Grade

I asked Will, a green belt, about how his Ju-Jitsu journey is progressing

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

A year and a half

2. What club are you from?

North Kent Ju-Jitsu Kai

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

I started to get quite unfit while I was at Uni, and thought it would be a great way to get healthier while trying something new. Also wasn't too hard to get into it considering my girlfriend is a 2nd Dan Sensei!

4. What is your favourite part of going to Ju-Jitsu?

Learning a new skill is probably my favourite. 10 years ago I would have laughed you out of the room if you said I'd be a green belt in jujitsu! I never thought I was able to do some of the things I've learnt and I owe it all to all my Sensei's.

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

If you're worried about it hurting, it doesn't. All of the throws and locks are done in a controlled manner and very carefully. But I do recommend wearing a box...

6. What are your top three favourite techniques so far?

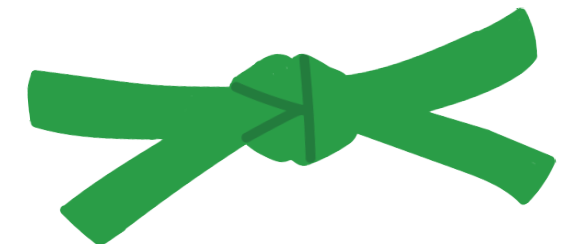
1. Drawing Ankle Throw
2. Escapes Held Under and Over
3. Hip throw

7. What keeps you motivated to keep training?

The people I've met at the club mainly. It's such a positive atmosphere and everyone works for each other. Not only do the Sensei's support you above and beyond but so does everyone else. Also, staying fit is a strong motivator for me. It will tire you out but it is so worth it!

8. What is your next goal in your Ju-Jitsu journey?

My next goal would be to compete in a competition. Not going to set a goal for how well I want to do, but just to have the confidence to give it a go. I think ground fighting is the one for me as my balance is awful so that rules out Katas!



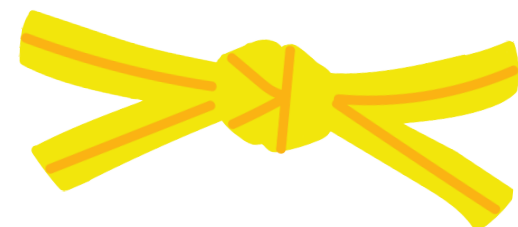
Junior Section

Many Jikishin Ju-Jitsu clubs have junior classes with the minimum age starting at just 4 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 spoke to three junior black belts about their ju-jitsu journey...



Name: Olivia Pasquale

How old are you? 15

How old were you when you started Ju-Jitsu? 6

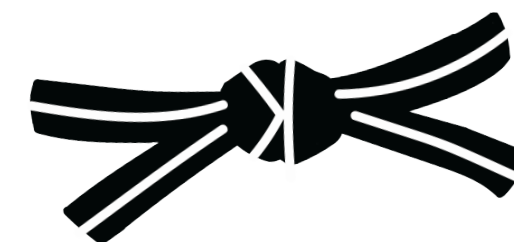
How old were you when you passed your Junior Black belt? 14

Why did you start Ju-Jitsu? My older brother started and I used to watch and join in the games at the end. One day they had asked me if I wanted to join in and I got told I was really good. I enjoyed it so much. Mum would not let me compete in competitions as my big brother only did this and I did several other clubs. In the end I gave up all my clubs and just concentrated on my ju jitsu as I just fell in love with it.

What is your favourite part of Ju-Jitsu? I love socialising and helping all the younger ones out. I enjoy giving myself a challenge and love learning from the best.

What advice do you have for a child who wants to start Ju-Jitsu and get their black belt? Keep going never give up. It gets tough but you can do it. I doubted myself a few times but my Sensei's knew that I could do it and kept pushing me to be the best. I was so proud of myself when I passed 20 out of 20 in my anatomy test and I passed my Junior Black Belt with a credit. I am Dyslexic and found studying tricky but I just kept pushing myself to do the best I could. I just never gave up on my dream.

Next stop, full adult Black Belt!



Olivia passing her Junior Black Belt



Olivia as a yellow belt

Name: Kieron Metaxas

How old are you? I'm 15 years old

How old were you when you started Ju-Jitsu? I was 3 years old

How old were you when you passed your Junior Black belt? 14

Why did you start Ju-Jitsu? I started Ju-Jitsu because my mum and dad taught it.

What is your favourite part of Ju-Jitsu? I enjoy teaching others and learning weapons katas.

What advice do you have for a child who wants to start Ju-Jitsu and get their black belt? Be determined and be prepared to put in the time and effort for training.



Name: Kristos Metaxas

How old are you? I'm 15

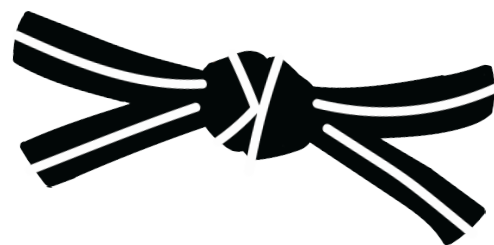
How old were you when you started Ju-Jitsu? I was 3 years old

How old were you when you passed your Junior Black belt? I was 14

Why did you start Ju-Jitsu? My mum and dad taught Ju-Jitsu so I started training with them.

What is your favourite part of Ju-Jitsu? I like the feeling of being in a family, learning independence and feeling safe when I am out.

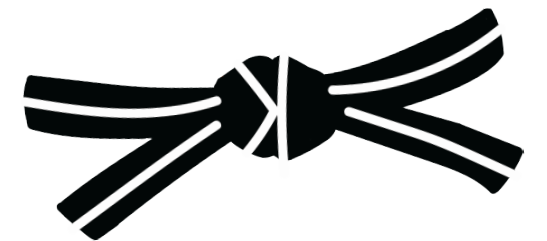
What advice do you have for a child who wants to start Ju-Jitsu and get their black belt? Take your time with it, enjoy it and climb the mountain!



Kieron at the start of his Ju-Jitsu journey



Kristos at the start of his Ju-Jitsu journey



Sensei's Story

My name is Grant Wakeman and I am a 4th Dan with the Jikishin Ju-Jitsu Association. I started my martial arts journey in the 1970's with the then staple martial art of Judo, which culminated with a Bronze medal win at the national competitions in 1973.

Whilst I enjoyed Judo there seemed to be something missing, so I continued to dabble in the martial arts. Over the years I have tried out Kung-Fu, Ki Aikido, kick boxing, Krav Maga, Gracie Jujitsu, MMA, Naginata and Cane Master. Some I have graded in and some I have just enjoyed the learning, but I always return to my foundation of Ju-Jitsu, which I first started in Gravesend/Northfleet in 1987, with nice people and a great atmosphere I quickly became "hooked" and joined the North Kent Ju-Jitsu family.

Often people ask "which is better, and I usually describe, it very undiplomatically way I might add, as "the thinking man's art" because it combines the body and the mind, working together.....It's very obviously in my blood isn't it.

Whilst I love all the arts I have tried, Ju-jitsu still works as a perfect foundation, supplying valuable lessons & insight to balance, posture, power development, technique and mental strength. Which is pretty fortunate because as you get older, you really need to rely on these aspects as the body doesn't live up to your expectations.

Due to my martial arts training, I have had the pleasure of becoming a fitness instructor in 1995 When I covered an MOD fitness instructor and like Ju-jitsu I was enticed into the fitness world. In 1996 I took my 1st Box-A-Cise® instructor qualification and since these first classes, I have continued to improve my qualifications and abilities with multiple additional levels in Box-A-Cise®, Puma Aeroskip® and Aerobic Society of

Great Britain courses in kids Combat and Circuit class, amounts to others.

The combination of Jujitsu and fitness instruction has provided me with truly wonderful memories, from being part of Team GB in 2014, to teaching self-defence to the Channel 4 staff in the civil service sports centre in London.

More recently I continue to run fitness classes in the fitness studio at my work site and I still enjoy the friendly banter of colleges who join me in my classes in the Rochester, even when they are questioning my parenthood.

The intricacies of the techniques and the challenges of improving my ability to perform them, has provided elation and frustration in equal measure, but memorable experiences all of them.

However one of the best perks of doing Jujitsu and fitness classes has to be the fascinating people I have met and trained with, throughout my journey. Even though it's the enjoyment of practicing Jujitsu that keeps you coming back, the people you train with and under make that experience all the more pleasurable.

Don't get me wrong, like anything in life, Jujitsu is hard work and requires dedication, strong spirit and determination, but the results and feeling of achievement are worth all of the pain and frustration that it provides!

Family wise, I have the national standard with one wife, two children and the family dog and like my Jujitsu, I try to provide lasting memories, especially at Easter and Christmas by creating "egg-trava-gant" egg hunts and complex advent calendars!

I am always planning ahead and 2020 should see the 11-year extension nearer its finish and if I am lucky, I would like to attempt my fifth Dan, preferably before I reach 60. After all, it pays to have dreams!



Sensei's Story

My name is Sarah Bull. I am a 5th Dan with the Jikishin Jujitsu Association.

I started my Jujitsu journey in May 1987. My parents wanted my brother to do an activity and found a small Jujitsu club in Stanford-Le-Hope. I was to go for about four weeks, giving my brother chance to make friends and then I could leave. After four weeks I was enjoying my training and making new friends. I did my first tab grading. It was at that point my parents said I could give up now as my brother had settled in, my reply was "err nah you're alright, I like it". I continued training with my brother for many years and when my sister was old enough she started training.

When I turned 15 I was at a cross roads, whether to wait to grade as a senior or as a junior. I decided to do my grading as a senior. This meant training with the adults. Thankfully a friend I had been training with was also taking her black belt as a senior so we trained together. The jump from junior to senior is huge and suddenly being thrown by and throwing adults was quite a challenge. I learned very quickly that it didn't matter how tall, short, fat or thin you are, it was technique that mattered. We would often put on displays at the local school to demonstrate Jujitsu. My first demonstration was the "Bus Stop" routine.

Passing my black belt felt like such an amazing achievement. As a child I remember the excitement of moving along the line getting closer and closer to the front of the hall. Sadly my partner left shortly after completing her black belt. I met a lady who had been training for years with her brother who had also left and we partnered up.

Hanshi approached us to compete in a National Jujitsu competition in Kent, we decided to give it a go. We entered weapons kata, open kata and Random Attacks. I think we won a medal for our demo and that was it but it was a great day. From that point on we got a bug for competing and would enter the Nationals on a yearly basis,

always doing well with pairs demos. I remember speaking to Hanshi and saying that I still wanted to train and do my grading but I didn't want to compete anymore. He convinced me to keep trying and not give up the following year I entered the National Championships pairs demo with my sister, also convincing my mum to come along and watch. That year I won a medal in every category.

I was given the opportunity to travel with Jujitsu and was privileged enough to go to South Africa and work with their clubs in promoting Jujitsu. I can honestly say it was one of the most memorable experiences of my life. I made some wonderful friends and got to see some amazing places.

I also travelled to Belgium and Majorca where I met my now husband, Vince. He was there training with his club. We had some very memorable experiences. One of the best days was taking a friend, who had broken his leg in the competition, out for the day in the back of a wagon. I can honestly say I don't think I have laughed that much in years.

2000 saw Jikishin host an International competition. I was thrilled to be picked for the team and along with two brothers from another club, performed a Tessen, (fighting fan), and Katana Kata to music, which had been choreographed by Sensei Janet Parker. From that moment I feel in love with the Tessen. We won Bronze and the other England Team won Gold. 2001 Jikishin were taking the Squad to South Africa who were hosting the International Championships. I decided to perform the Tessen kata again but this time with my husband and a friend. The atmosphere was electric and to our complete amazement we won Gold for the team demo.

At that point I decided to stop competing and take a more active role in organising competition and assisting with the administration for our club. I also thoroughly enjoyed choreographing demos for our juniors and watching the joy on their faces

Sensei's Story - continued

when they won.

2017 I was asked to try out for the squad to compete in Euro Budo Championship. After discussing it with my husband and two boys, I decided to give it a go. I trained extremely hard and was thrilled to be selected.

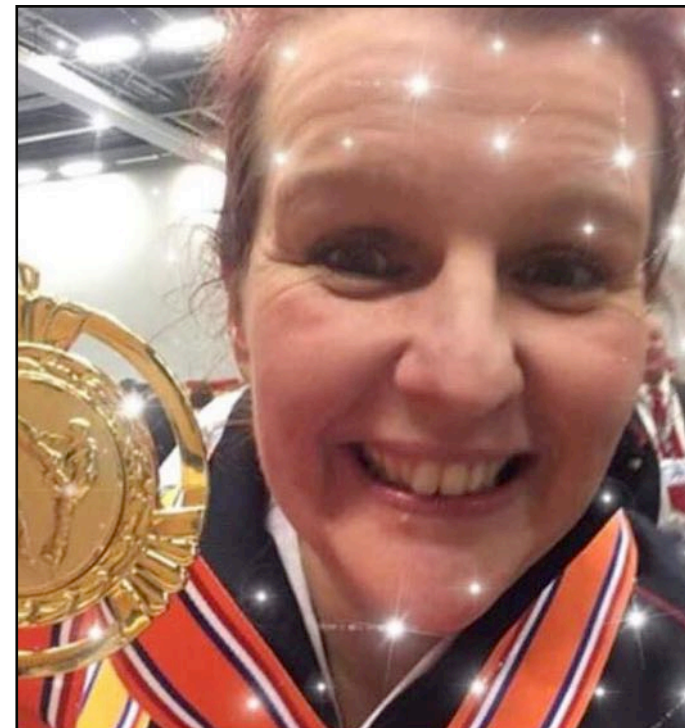
April 2018 I travelled to Tilburg Holland for the Euro Budo. After a very hard competition I was thrilled to win another gold medal with my Jujitsu partner Chris Carter, 17 years after my last one. Following the high of winning the Euro Budo Women's Masters I agreed to grade for my 5th Dan, with the support from my family and my amazing club and partner Andy Jones I graded my 5th Dan in December 2019.

I am currently back training hard again to defend my title in the Euro Budo in Spain in April 2020. I am just thrilled to be part of the team but I really couldn't do it without the support from my husband and my two beautiful boys.

Jujitsu is part of the family now, as both of my sons and my nephew train. Jujitsu does become a part of your life, being so addictive. You make lifelong friends all over the world as we are all one big Jikishin Jujitsu family.

My advice to anyone thinking about doing Jujitsu is don't think about it, just do it. If you want to get fit, have more confidence, make new friends or you just want to let off steam, go to your local Jujitsu club. I promise you will be welcomed with open arms. We take all abilities, all ages (from 4 years old).

My future plans is open a Jujitsu club for people who are deaf or have hearing impairment, I will be teaching our jujitsu syllabus with British Sign Language so watch this space.



Clubs

All available club websites, facebook pages & Sensei's can be found below

All information is also on the Jikishin website

Brentwood Ju-Jitsu-

Instructors- Sensei Alan Stone, 2nd Dan

Cheshunt Ju-Jitsu Club-

Instructors- Sensei Steven Spicer, 3rd Dan.
Sensei Graeme Moore, 3rd Dan.

@CheshuntJuJitsuClub

jikishin.com/clubs_and_coaches_jikishin_ju_jitsu/cheshunt_jjtc_ju_jitsu.html

East Tilbury JuJitsu-

Instructors- Shihan Graham Sargeant, 7th Dan. Shihan Chris Shepperd, 7th Dan

www.jikishin.com/clubs_and_coaches_jikishin_ju_jitsu/east_tilbury_club_ju_jitsu.html

Essex Juka Ryu Ju Jitsu Clubs-

Instructors- Sensei Lee Bywater, 4th Dan.
Sensei Tony Park, 4th Dan.

Hando Jikishin Ju Jitsu Clubs-

Instructors- Sensei Earl Walker, 5th Dan.
Sensei Jackie Walker, 4th Dan. Sensei Steve Thomas, 4th Dan. Sensei Jamie Taylor, 4th Dan. Sensei Paul Anthony, 3rd Dan. Sensei Will Murley, 3rd Dan. Sensei Tess Godfrey, 2nd Dan. Sensei Matt Kendrick, 1st Dan.

www.facebook.com/HandoJuJitsu

www.handojijitsu.club

Imperial Ju-Jitsu-

Instructors- Sensei Peter McCarney, 4th Dan.

Ishigaki Ju-Jitsu Club-

Instructors- Sensei Sandy Mackay, 5th Dan.
Sensei Rob Muir, 4th Dan. Sensei Keith Johnson, 4th Dan. Sensei Ian Raxton, 3rd Dan. Sensei Gareth Jones, 3rd Dan.

@IshigakiJujitsu

www.ishigaki.org.uk

Jikishin Katate Jutsu Kai-

Instructors- Sensei Wayne Williams, 4th Dan (Advisory). Sensei Andrew Einchcomb, 2nd Dan. Sensei Peter Einchcomb, 1st Dan.

<https://www.facebook.com/groups/Jikishinkarate/?ref=share>

Kent Samurai Ju-Jitsu-

Instructors- Sensei Eddie Garvey, 6th Dan.
Sensei Haroulla Metaxas, 4th Dan. Martin Kidd, 4th Dan. Sensei Julian Smith, 1st Dan.
Sensei Kieron Metaxas, 1st Dan. Sensei Kristos Metaxas, 1st Dan.

@kentsamurai

www.kentsamurai.co.uk

North Kent Ju-Jitsu Kai-

Instructors- Sensei Ann Kitchener, 5th Dan. Sensei Terry Kitchener, 4th Dan. Sensei Grant Wakeman, 4th Dan. Sensei Trudi Kitchener, 2nd Dan. Sensei Glenn Williamson, 1st Dan.

www.facebook.com/groups/northkentjujitsu

www.nkjjk.com

Romford and Ockendon Jikishin Ju-Jitsu Club-

Instructors- Shihan Ricky Izod, 7th Dan.
Sensei Ricky Alder, 6th Dan.

@ockendonjikishin

www.ockendon-romford-jikishin.co.uk

Swindon Ju-Jitsu Club-

Instructors- Sensei Steve Cole, 6th Dan.
Sensei Baj Bharj, 6th Dan. Sensei Dave Gadd, 4th Dan.

www.facebook.com/jujitsuswindon

www.swindonjujitsu.com

Thurrock Jikishin Ju-Jitsu Club-

Instructors- Hanshi Brian Herbert, 9th Dan.
Sensei Sarah Bull, 5th Dan. Sensei Andy Jones, 4th Dan. Sensei Chris Carter, 3rd Dan. Sensei Steve Dickens, 3rd Dan. Sensei Michael Gaish, 2nd Dan.

Wednesday Class: Training overseen by Hanshi Brian Herbert, 9th Dan. Shihan Ricky Izod, 7th Dan. Shihan Graham Sargeant, 7th Dan.

www.facebook.com/EastThurrockJikishinJujitsu

www.thurrockjujitsu.com

Friends of Jikishin

I-Doshi Wadoryu Ju Jitsu

Instructors- Sensei Trevor Wickett, 5th Dan.
Sensei Neil Craze, 3rd Dan.

@I-Doshi Wadoryu Ju Jitsu

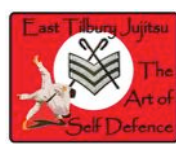
www.britishwadofederation.co.uk/idoshi-wadoryu-jujitsu.html

Ryu Ju-Jitsu-

Instructors- Sensei Ray Egelton, 3rd Dan.
Sensei Lorraine Egelton, 3rd Dan.

www.facebook.com/groups/495738650483164

www.ryujujitsu.com



Club Information

- Adult Classes
- Children's Classes

All available club days, times and age groups.
For more detailed information please see the Jikishin website
Classes are sorted in time order

Monday

Club	Age	Time	Location	Extra Info
North Kent Ju-Jitsu Kai	7-11 years	15:30-16:30	Gravesend	Whitehill Primary Students Only
Hando Jikishin Ju Jitsu Clubs	6-16 years	18:15 - 19:15	Harlow	
Romford and Ockendon Ju-Jitsu Club	5-16 years	18:15-19:15	Ockendon	
Swindon Ju-Jitsu Club	5-15 years	18:30-19:45	Swindon	
Ishigaki Ju-Jitsu Club	Adults	18:30-20:30	London	Class does not run on Bank Holidays
Thurrock Jikishin Ju-Jitsu Club	4-15 years	19:00-20:00	Stanford Lee Hope	Welcome Club
Essex Juko Ryu Jujitsu Clubs	6-15	19:00-20:00	Witham	
Hando Jikishin Ju Jitsu Clubs	Adults	19:15 - 21:00	Harlow	
Romford and Ockendon Ju-Jitsu Club	Adults	19:30-21:00	Ockendon	
Cheshunt Ju-Jitsu Club	Adults	19:30-22:00	Cheshunt	
Swindon Ju-Jitsu Club	Adults	20:00-21:30	Swindon	
Essex Juko Ryu Jujitsu Clubs	Adults	20:00-21:30	Witham	
Thurrock Jikishin Ju-Jitsu Club	Adults	20:00-22:00	Stanford Lee Hope	Welcome Club

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Tuesday

Club	Age	Time	Location	Extra Info
Hando Jikishin Ju Jitsu Clubs	5-7 years	17:30- 18:15	Harlow	
Romford and Ockendon Ju-Jitsu Club	5-16 years	17:30-18:30	Romford	
Hando Jikishin Ju Jitsu Clubs	6-16 years	18:15 - 19:15	Harlow	
Jikishin Katate Jutsu Kai	4-16 years	18:30-19:30	Basildon	
Hando Jikishin Ju Jitsu Clubs	Adults	19:15 - 21:00	Harlow	
Ishigaki Ju-Jitsu Club	Adults	19:30-21:30	London	
Jikishin Katate Jutsu Kai	Adults	19:45-21:15	Basildon	
Hando Jikishin Ju Jitsu Clubs	Adults	21:00-22:00	Harlow	Kobudo - Last Tuesday of each Month only

Wednesday

Club	Age	Time	Location	Extra Info
KentSamurai Ju-Jitsu	4-13 years	16:30-17:30	Larkfield	
Thurrock Jikishin Ju-Jitsu Club	4-14 years	19:00-20:00	East Tilbury Village Hall	
Cheshunt Ju-Jitsu Club	Adults	19:30-22:00	Cheshunt	
North Kent Ju-Jitsu Kai	Adults	20:00-22:00	Gravesend	
Thurrock Jikishin Ju-Jitsu Club	Adults	20:00-22:00	East Tilbury Village Hall	Specialised training for instructors
KentSamurai Ju-Jitsu	Teens /Adults	20:15-21:45	Larkfield	

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Thursday

Club	Age	Time	Location	Extra Info
KentSamurai Ju-Jitsu	5-15 years	17:00-18:00	Larkfield	
Imperial Ju Jitsu	Adults	18:00-20:00	London	Invitation only
North Kent Ju-Jitsu Kai	5-10 years	18:30-19:30	Gravesend	School years 2-5
Swindon Ju-Jitsu Club	5-15 years	18:30-19:45	Swindon	
North Kent Ju-Jitsu Kai	10-13 years	19:30-20:30	Gravesend	School years 6-8
Ishigaki Ju-Jitsu Club	Adults	19:30-21:30	London	
Swindon Ju-Jitsu Club	Adults	20:00-21:30	Swindon	
North Kent Ju-Jitsu Kai	13-16 years	20:30-21:30	Gravesend	School years 9+

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Friday

Club	Age	Time	Location	Extra Info
Imperial Ju Jitsu	Adults	13:00-14:30	London	Invitation only
KentSamurai Ju-Jitsu	6-12 years	18:00-19:00	West Kingsdown	
Romford and Ockendon Ju-Jitsu Club	5-16 years	18:15-19:15	Ockendon	
Hando Jikishin Ju Jitsu Clubs	5-16 years	19:00 - 20:00	Ongar	
KentSamurai Ju-Jitsu	13-18 years	19:00-20:00	West Kingsdown	
Essex Juko Ryu Jujitsu Clubs	6-15	19:30-20:30	Epping	
Essex Juko Ryu Jujitsu Clubs	Adults	19:30-21:00	Epping	
Romford and Ockendon Ju-Jitsu Club	Adults	19:30-21:00	Ockendon	
North Kent Ju-Jitsu Kai	Adults	20:00-22:00	Gravesend	Kobudo every other Friday

Saturday

Club	Age	Time	Location	Extra Info
Ishigaki Ju-Jitsu Club	Adults	15:30-17:30	London	

Sunday

Club	Age	Time	Location	Extra Info
East Tilbury JuJitsu	5-16 years	10:30-12:00	East Tilbury Village Hall	
East Tilbury JuJitsu	Adults	10:30-12:30	East Tilbury Village Hall	
Ishigaki Ju-Jitsu Club	Adults	16:00-18:00	Brighton	

Upcoming Events 2020

All dates & times are subject to change

January	February	March
Sunday 26th Squad Training East Tilbury Village Hall 1-3pm	Sunday 9th Squad Training East Tilbury Village Hall 1-3pm	Sunday 1st Squad Training East Tilbury Village Hall 1-3pm
April	May	June
Friday 24th - Sunday 26th European Random Attacks Championships Spain	Saturday 9th Kobudo - Green belt & above Basildon Sports Centre 1-5pm Sunday 10th All grades Revision Course & Dan grading pre-test East Tilbury Village Hall 1-5pm Saturday 23rd 6th Kent Course & Competitions Ditton, Kent 9am-4:30pm	Sunday 7th Dan Gradings East Tilbury Village Hall 1-4pm

Upcoming Events 2020

All dates & times are subject to change

July	August	September
	Saturday 8th Kobudo - Green belt & above Basildon Sports Centre 1-5pm	Saturday 5th Ishigaki Course & Competition London TBA
October	November	December
Saturday 3rd Kobudo - Green belt & above Basildon Sports Centre 1-5pm	Saturday 14th 30th Jikishin Course & Competitions 2020 London Cruise Terminal 9am-6pm Sunday 15th All grades Revision Course & Dan grading pre-test East Tilbury Village Hall 1-5pm	Sunday 6th Dan Gradings East Tilbury Village Hall 1-4pm Sunday 6th Jikishin Christmas Ball 2020 Orsett Hall 19:00-00:00

Message from the editor

Thank you to everyone who helped me create this magazine, including Hanshi Brian Herbert, all Jikishin Sensei's and students.

To the best of my knowledge, all of the information in this magazine is accurate.

Trudi Kitchener

Editor





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