

TAIHO JUTSU CURRICULUM

Japanese law enforcement officers trained in self-defense and arresting techniques primarily based on the unarmed fighting styles of jujutsu. They also developed and perfected the use of a variety of non-lethal implements for capturing and restraining suspects such as juttejutsu (truncheon arts), toritejutsu (restraining arts), and hojōjutsu (binding and tying arts). Feudal era police officers became proficient in a variety of specialized techniques for arresting both armed and unarmed individuals.

Many traditional Japanese martial arts schools once included elements of taiho jutsu, although most have since been lost to history. A number of taiho jutsu techniques have survived, though, and are still taught and practiced in their original forms by specialists in jūjutsu as well as kenjutsu and iaido (swordsmanship).

The modern version of Taiho-jutsu was created during the Allied occupation of post-World War II Japan. Japan was being demilitarized, the practice of the martial arts had been prohibited, and the Japanese police force was unable to cope with the outbreaks of violence during that period. The Tokyo police bureau convened a technical committee headed by kendoist Saimura Goro; judoist Nagaoka Shuichi; Shimizu Takaji, the twenty-fifth headmaster of the Shindo Muso Ryu; Otsuka Hidenori, founder of the Wado Ryu; and Horiguchi Tsuneo, a pistol expert. This committee reviewed the techniques of classical kenjutsu, jujutsu, and jojutsu, and adapted several techniques from each of these disciplines for police use; the committee also selected techniques from modern disciplines, such as jujutsu, karate, kendo, and judo, for incorporation into the proposed system of self-defense; and further ideas were gained from a study of Western boxing.

A system comprising these elements and called taiho-jutsu was created in 1947, and Taiho-jutsu Kihon Kozo (Fundamentals of Taiho-jutsu) was published as an official manual for policemen. Takaji and Takayama Kenichi demonstrated jodo for the Police Technical Commission in 1927, and this resulted in the subsequent development of a police combat system system using the short staff or jō, keijojutsu, which is still used by the Japanese riot police (although the staff used is somewhat heavier than that used in classical jodo).

Taiho-jutsu has had several revisions since 1947 and is still studied and examined to bring in refinements and adapt it to new conditions of street fighting. It makes great use of Keibo, a short police baton, in a range of techniques called Keibo-soho, as well as the extending tubular baton (Tokushu Keibo) which was adopted by the Japanese police in 1966.

An excellent source and reference guide for this Taiho-jutsu curriculum is the techniques illustrated in the outstanding work by Darrel Craig Sensei of the Houston Budokan. Craig Sensei had the opportunity to study directly under Toru Iwahori Sensei of the Osaka Police Dept.

Japan's Ultimate Martial Art- Jujutsu before 1882

- **Paperback:** 167 pages
- **Publisher:** Tuttle Publishing (June 15, 1995)

- **Language:** English
- **ISBN-10:** 0804830274
- **ISBN-13:** 978-0804830270

Unarmed Forms

- Tai sabaki (body movement)
- Uke waza (receiving techniques)
- Atemi waza (striking techniques)
- Te hodoki waza (escaping techniques)
- Osae waza (restraining/holding techniques)
- Kansetsu waza (joint locking techniques)
- Nage waza (throwing techniques)
- Shime waza (choking techniques)
- Hiki-tate (methods for standing an arrested suspect)
- Kaeshi-waza (reversal techniques)
- Tanju hoji waza (handgun retention techniques)

Armed Forms

- Jutte jutsu (truncheon)
- Tessen jutsu (iron fan)
- Hojo-jutsu (cord binding)
- Tokushu keibo-jutsu (telescopic baton)
- Tekase-jutsu (handcuffing techniques)

- Tai sabaki (body movement)
- Hamni- mirror posture
- Gakku Hamni- opposite posture
- Tsuki ashi- slide step
- Aiumi ashi- full step
- Tenkan- 180 degree turn
- Tenshin- slight offline slide step
- Tenkai- slight offline direct step
- Happo-No-Kuzushi- directions of off balance

- Uke waza (receiving techniques)
- Front roll
- Side roll
- Backward roll
- Break fall (front/back/side)
- Inside/Outside/Upward/Downward Parry/block
- Uke Nagashi (roof deflection)
- Unbendable Arm

- Atemi waza (striking techniques)
- Tsuki- Jab
- Gakyu Tsuki- Cross
- Yokomen Tsuki- Hook
- Upper cut
- Backfist
- Shomenuchi- overhead strike
- Slashing/upward elbow
- Palm heel
- Mai Geri- front snap or push kick
- Soto Geri- Crescent kick

- Knee strikes
- Foot stomps and scrapes

- Te hodoki waza (escaping techniques)
- Technique 1- Against a double lapel grab
- Technique 2- Against a rear headlock
- Technique 3- Against a front headlock
- Technique 4- Against a groin kick
- Technique 5- Against a groin kick (Hiza Nage)
- Technique 6- Against a kick to midsection
- Technique 7- Against a kick to midsection (Juji Uke Migi Maki)
- Technique 8- Grab to both wrists from behind
- Technique 9- Grab from front bear hug
- Technique 10- Defending against 2 handed grab front wrist (Migi Ryote Dori)
- Technique 11- Defend against front strike or grab (Empi Maki Kumade)
- Technique 12- Defend against preparatory grab to strike (Ten Ken)
- Technique 13- Defend against a grab, push, or strike (Kuzure Hiza Guruma)

- Osae waza (restraining/holding techniques)
- Technique 1- Ude Garami
- Technique 2- Ude Gatame
- Technique 3- Ude Garami with Hadaka Jime
- Technique 4- Nikajo
- Technique 5- Sankjo
- Technique 6- Osae
- Technique 7- Ikajo

- Technique 1- Kansetsu waza (joint locking techniques)
- Technique 2- Ryote dori Tenshin Nage
- Technique 3- Ryote dori Gaeshi Waza
- Technique 4- Ryote dori Ude Garami Nage
- Technique 5- Morote dori Hasimi Kansetsu
- Technique 6- Ryote dori Kote Gaeshi
- Technique 7- Ryote dori Shiho Nage
- Technique 8- Ryote dori Nikajo
- Technique 9- Ryote dori Ikajo
- Technique 10- Ushiro Ryote dori Kokyu Nage

- Nage waza (throwing techniques)
- Technique 1- Obi Otoshi
- Technique 2- Osae Komi Uki Goshi
- Technique 3- Ashi Nage Otoshi
- Technique 4- Shuto Toshi
- Technique 5- Empi Seoi Nage
- Technique 6- Yoko Seoi Tomoe
- Technique 7- Yoko Te Gami
- Technique 8- Kata Guruma
- Technique 9- Empi Nage

- Shime waza (choking techniques)
- Technique 1- Hadaka Jime (Rear Naked Choke)
- Technique 2- Okuri Eri Jime (Sliding Lapel Choke)
- Technique 3- Nami Juji Jime (Normal Cross Choke)
- Technique 4- Sankaku Jime (Triangle Choke)
- Technique 5- Tsukkomi Jime (Thrust Choke)

- Hiki-tate (methods for standing an arrested suspect)
- From sitting position
- From lying face down position

- Kaeshi-waza (reversal techniques)
- Flow stop drill
- Sentou Ryu Aiki Heiho reversals

- Tanju hoji waza (handgun retention techniques)
- In holster
- Outside turn J
- Inside turn J
- Sternum strike

