

SMALL CIRCLE JUJITSU

PRINCIPLES



1 Balance	<p>Keep your opponent off-balance while maintaining your own.</p> <p>You will have use of your maximum power while your opponent uses part of his energy to regain his balance. The more off-balance he is the more strength he will need to recover.</p>
2 Mobility & Stability	<p>For mobility raise your center of gravity and move on the balls of your feet with knees over the toes.</p> <p>For stability lower your center of gravity (Root) with feet flat on the ground.</p>
3 Avoid the Head-on Collision of Forces	<p>Do this by evading, deflecting, blending or redirecting.</p> <p>Pivot away from the opponent's attack. Move 45 or 90 degrees to the left or right or move laterally left or right.</p>
4 Mental Resistance & Distraction	<p>Execute a sudden distracting technique to break the opponent's concentration.</p> <p>Attack a weak point of the body with a sudden kick/strike or use an unexpected shout to cause loss of concentration.</p>
5 Focus to the Smallest Point Possible	<p>Apply the sharpest available weapon to the smallest available target.</p> <p>Focus energy/force to the smallest area possible versus spreading it over a large area.</p>
6 Energy Transfer	<p>Apply force to an opponent's body (palm below the elbow) and then transfer your attack to another body part a short distance away (knuckles above the elbow). This breaks your opponents ability to resist better than if you apply force to the area of focus immediately.</p>
7 Fulcrum, Lever & Base	<p>Fulcrum is the pivot point on a lever. A base is necessary for efficient use of force. Remove slack in the technique you are executing by restricting movement of the fulcrum or activating the fulcrum first. Used in locks, throws, neck restraints or strikes. Any surface to restrict movement can be used (thigh, body, head, wall, floor or hand).</p>
8 Sticking, Control & Sensitivity	<p>Tactile feedback is significantly quicker than visual feedback.</p> <p>Relax using a light touch rather than tense up to sense the slightest stimuli from your opponent such as direction, intensity or timing of movement.</p>
9 Rotational Momentum	<p>Applying momentum in an ever decreasing rotational spiral.</p> <p>Exert force to your opponent and as the opponent resists your influence, reverse direction aligned with that resistance adding your force to his body momentum to take their balance.</p>
10 Transitional Flow	<ul style="list-style-type: none"> • Exert continual pain during transitions • Create maximum pain without dislocating the joint • Mobility is needed during transition rather than stability
11 Two-way Action	<p>Pushing and pulling at the same time involving fulcrum and lever.</p> <p>Used in locks, throws, neck restraints, strikes & strategy.</p>
12 Wrist Snap	<p>The wrist snap adds some extra power to the distal end of any arm-based technique.</p> <ol style="list-style-type: none"> 1) Extension - The snap increases the arc & strength of off-balancing or push/pull 2) Shock - The snap is a sudden shock versus a gradual increase in pressure 3) Compounding - Rotating in multiple planes simultaneously
13 Pulsing & Waiving	<p>Altering the intensity and direction of the force being applied in any given technique can have a dramatic effect on the result, overcoming virtually any kind of resistance.</p> <p>Pulsing - Varying the level of pressure (broken rhythm) Waiving - Varying the angle of torque</p>
14 Cascade Effect	<p>Accelerating an effect by 'stacking' multiple stimuli.</p> <p>Technique combinations that build together to cause a cascade effect multiplying pain or overloading the nervous system.</p>
15 Whiplash	<p>Sometimes described as 'the push-pull principle,' this striking method dramatically increases the impact of a blow in much the same way that snapping a bullwhip accelerates a hand movement.</p> <ol style="list-style-type: none"> 1) Insertion - Striking with a loose hand tightening up on impact 2) Retraction - Snapping back at the point of impact
16 Entries & Exits	<ol style="list-style-type: none"> 1) Read motion or pre-assault cues 2) Enter using forward pressure utilizing an effective "setup" for the technique 3) Technique execution 4) Exit by utilizing an effective "follow up"