

# MIDWEST MARTIAL ARTS

A CENTER FOR LIFE SKILLS AND LEADERSHIP DEVELOPMENT



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# MIDWEST MARTIAL ARTS

## RULES OF CONDUCT

### ALL STUDENTS

- All members are expected to embody the highest standards of good sportsmanship, courtesy, and ethics both on and off the mat.
- There is absolutely no smoking on the premises at any time.
- Be on time for class, as proper stretching before a workout is crucial for injury prevention. If you are late, you are expected to warm up and stretch on your own.
- All students are expected to perform a standing bow when entering or exiting both the dojo and the mat area.
- In the Martial Arts, it is important to address the instructors with respect; they are sharing their knowledge and experience. Students should address the instructors as “Sensei, Sir, Ma’am, Instructor, or Master” and adults as “Mr.” or “Mrs.” as appropriate. However, we are NOT your typical dojo. Adults are welcome to address us by our first name. (Chris and Anita)
- No unnecessary talking during practice. Coaching from the sidelines by family or friends is prohibited for reasons of both safety and courtesy. If parents are interested in getting involved and learning to coach, let us know.
- All students and spectators should be respectful of each other’s classes and should keep voices low to avoid distracting those on the mat.
- Students are expected to exercise control when applying techniques and to consider their opponent’s relative size, experience level, and any injury or health concerns.
- All students are responsible for helping keep the dojo clean and running smoothly. If you are not sure where to help, please ask – there are always things that can be done!

### JUNIORS

- Juniors are responsible for learning dojo etiquette as outlined above and should learn to tie their obi (belt) on their own as soon as possible. The older juniors will be glad to help the younger students until they can learn.
- Juniors should not drop their gi’s or belts on the floor in the changing room or bathroom and should be responsible for helping with washing their own gi’s at home.
- There is absolutely no horseplay in the dressing room, bathroom, or the hall.
- We strongly encourage all juniors to complete their homework before class and to consider their academic studies their first priority.
- Please let the Head Instructor know of any special academic or other accomplishments so that everyone can offer congratulations!

## **HEALTH AND HYGIENE**

- Please make sure to pay attention to your personal hygiene before stepping on the mat.
- Please avoid applying any strong scents before a workout. Wearing nail polish is discouraged as it can and does come off on the mat.
- Shoes must be worn at all times while off of the mat and removed before stepping on to the mat.
- Long hair must be pulled back and secured with an elastic hair tie. No jewelry of any kind is permitted. (Silicone rings are allowed)
- If you are ill or think you might be ill, please do not come to class until you are feeling better.
- If you must wear a brace or other supporter, please try to use one that does not have any hard pieces. If that is not possible for medical reasons, please inform your training partners.
- Report any injuries to the head instructor immediately.
- If at any time you should notice that you are bleeding, excuse yourself from the mat and bandage/tape the area. The mat and gi/dobok should be inspected for any other traces of blood and sprayed with the disinfectant spray provided.
- The contents of the medical box are available to all; please be considerate of the next user and keep the contents orderly.

## Gi/Dobok Care

We practice Korean and Japanese martial arts. We use the Taekwondo V-neck DOBOK and the traditional style crossover GI for Judo, Jujitsu, and Hapkido training. Whichever uniform you are using, it should be washed after every practice. Not having a clean gi is disrespectful to your training partner. Also, unclean gi's can pick up and transmit unwanted skin infections [such as ringworm] to your partner's skin and the mat. Here are some gi care tips:

- Wash your gi as soon as possible after practice. If you cannot wash it immediately, hang it up so it can 'air out' until you wash it. Once certain bacteria start growing in your gi, no washing will get them out and the gi will acquire a certain smell every time you work out in it.
- Do not bleach your gi - bleaching will greatly reduce the life span of your gi.
- Wash your gi on the regular cycle using warm or cold water. Hot water will shrink it.
- Remove bloodstains by using hydrogen peroxide instead of bleach. The sooner you apply hydrogen peroxide to the bloodstains, the better the chance you have at removing them.
- Line drying or the dryer is fine for drying your gi. Line drying will leave your gi stiff like it has been starched. If you put your gi in the dryer it will come out softer, drying will also shrink your gi. Drying your gi in the dryer will shorten its life.

Additionally

- Get a bag to carry your gi in.
- Gi's are to always be neatly folded and carried if you do not have a bag to carry it in
- Taekwondo doboks are very thin and lightweight. They can wrinkle easily, especially after a sweaty training session. Folding or hanging the dobok is recommended.
- Always repair your gi as soon as possible when you notice it is damaged.
- Write your name on the inside of your gi with a permanent marker (Except for RENTAL judo gis).

## Belt Care

- Wash your belt as needed. Belts are cotton and can collect bacteria like a GI. Kids taekwondo belts don't normally need to be washed because they are not practicing a lot of groundwork. Adults practicing throws and jujitsu should wash their belts as needed.

## Slippers

They go by many names: slippers, flip-flops, zori, or slippah if you are from Hawaii. Bringing slippers to practice is just as important as bringing the GI or DOBOK to practice. Wearing slippers while off the mat is very important because it represents good hygiene and shows respect to the Dojo. Good hygiene is not only important at practice, but all players need to follow the same guidelines at tournaments. All of these topics will be covered in this article. Generally, Judo, Jujitsu, and Hapkido practitioners spend a lot of time practicing mat work or newaza (groundwork). While practicing newaza, student's faces and bodies come into close contact with the mat and their opponent. During a practice session a player will share whatever is on their gi, on their opponent's gi or whatever may be on the mat with each other.

**For example**, if a person walks into a bathroom or out of the dojo without slippers during practice and then returns to the practice mat, whatever germs or bacteria that got picked up during that trip is now on the mat. Later two students may be working out over that same spot and are now exposed to those germs. Bottom line: personal cleanliness is extremely important. Close contact demands that everyone involved is as clean as possible. Every student's body must be clean, the mats should be swept and wiped down when dirty, and the gi must be clean. GI is a great bacteria attractor, especially when they are moist and warm after practice. It is highly recommended that you wash your gi as soon as possible after practice and that you wash your gi after every practice. (Please see the article on caring for your gi).

Aside from the medical implications of wearing your slippers off the mat, the second reason for taking wearing shoes off while off the mat is respect for the dojo. In the Japanese language the word 'do' means way and word 'jo' means place, so literally dojo means 'the way place'. In a room where Martial Arts is practiced, it is important that students give the 'way place' the utmost respect by properly bowing and wearing their slippers while off the mat. Not wearing slippers or shoes off the mat, and then walking on to it is considered a form of disrespect. It may be just a gym to others, but when Martial Arts is practiced there, it is the dojo.

# **MIDWEST MARTIAL ARTS**

## **DOJO SAFETY RULES**

1. Warm up properly to avoid injury.
2. Care should be taken to be aware of the ability (rank) of the uke.
3. Tap when you feel pressure, not pain.
4. When the uke taps, don't add more pressure to the lock.
5. No jewelry while training. (Watches, earrings, necklaces, rings, etc.)
6. Students must properly groom their finger and toenails.
7. Any open wounds or injuries that are hidden from view by the Gi or bandages should be reported to the instructor prior to working out.
8. Let your instructor/training partner know of any injuries or sore areas of the body before performing techniques.
9. No shoes on the mats
10. No bare feet in the bathroom.

# SMALL CIRCLE JUJITSU

## PRINCIPLES



<b>1 Balance</b>	<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>
<b>2 Mobility &amp; Stability</b>	<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>
<b>3 Avoid the Head-on Collision of Forces</b>	<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>
<b>4 Mental Resistance &amp; Distraction</b>	<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>
<b>5 Focus to the Smallest Point Possible</b>	<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>
<b>6 Energy Transfer</b>	<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>
<b>7 Fulcrum, Lever &amp; Base</b>	<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>
<b>8 Sticking, Control &amp; Sensitivity</b>	<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>
<b>9 Rotational Momentum</b>	<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>
<b>10 Transitional Flow</b>	<ul style="list-style-type: none"> <li>• Exert continual pain during transitions</li> <li>• Create maximum pain without dislocating the joint</li> <li>• Mobility is needed during transition rather than stability</li> </ul>
<b>11 Two-way Action</b>	<p>Pushing and pulling at the same time involving fulcrum and lever.</p> <p>Used in locks, throws, neck restraints, strikes &amp; strategy.</p>
<b>12 Wrist Snap</b>	<p>The wrist snap adds some extra power to the distal end of any arm-based technique.</p> <ol style="list-style-type: none"> <li>1) Extension - The snap increases the arc &amp; strength of off-balancing or push/pull</li> <li>2) Shock - The snap is a sudden shock versus a gradual increase in pressure</li> <li>3) Compounding - Rotating in multiple planes simultaneously</li> </ol>
<b>13 Pulsing &amp; Waiving</b>	<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>
<b>14 Cascade Effect</b>	<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>
<b>15 Whiplash</b>	<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"> <li>1) Insertion - Striking with a loose hand tightening up on impact</li> <li>2) Retraction - Snapping back at the point of impact</li> </ol>
<b>16 Entries &amp; Exits</b>	<ol style="list-style-type: none"> <li>1) Read motion or pre-assault cues</li> <li>2) Enter using forward pressure utilizing an effective "setup" for the technique</li> <li>3) Technique execution</li> <li>4) Exit by utilizing an effective "follow up"</li> </ol>



# MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU - FUNDAMENTALS



## BASIC FUNDAMENTALS - LEVEL 1

### WRIST EXERCISES:

1. Forward (Vertical) Wrist Extension
2. Downward (Horizontal) Wrist Extension
3. Reverse Wrist Extension
4. Rotational Wrist Extension (In/Out)
5. Wrist Lock Stretch
6. Goose Neck Stretch
7. Bent Elbow Wrist Lock Stretch
8. Thumb Wrist Entry Exercise
9. Wrist Radius Exercise
10. Sleeve Choke Exercise

### BASIC STRIKES, KICKS, & BLOCKS:

1. Jab
2. Cross
3. Palm Strike
4. Low & High Block
5. Inside & Outside Block
6. Brush Grab
7. Elbow Shield w/ Shutdown

### KICKS:

1. Front Kick
2. Round Kick
3. Knee Strike
4. Side Kick

### BASIC STANCES:

1. Ready Stance (defensive)
2. Front Stance
3. Horse Riding Stance

### BASIC FOOTWORK:

1. Left Angle Step
2. Right Angle Step
3. Shuffle Step (forward & backwards)

### DRILLS:

1. Inside Sector / Outside Sector
2. Elbow Shield Drill (from haymaker)
3. Basic Sensitivity Drills
  - Basic wrist lock drill
  - Index finger lock trapping drill
  - Empty hand Sinwali drill

### UKEMI:

1. Front Fall
2. Back Fall
3. Side Fall
4. Rear Recovery

### ROLLS:

1. Forward Shoulder Roll
2. Backward Roll



# MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU - STICKING, CONTROL, & SENSITIVITY



## BASIC SENSITIVITY DRILLS

### 1. White to Yellow Belt:

- Basic wrist lock drill
- Index finger lock trapping drill
- Empty hand Sinwali drill

### 2. Yellow to Orange Belt:

- Basic wrist lock – bent elbow drill
- Sinwali drill with trapping (inside & outside)

### 3. Orange to Purple Belt:

- Basic wrist lock – hammer lock drill
- Sinwali drill \*add feet

### 4. Purple to Green Belt:

- Reverse 2 finger lock trapping drill
- Reverse index finger lock trapping drill
- Hubud drill



# MIDWEST MARTIAL ARTS

## SMALL CIRCLE JUJITSU – PRESSURE POINT STUDY



8 <sup>th</sup> Kyu Yellow Belt	
Triple Warmer 3, 11, 12 Lung 8 & 9	What is? 1. A pressure Point. (An area on the body that is sensitive to rub, touch, or hit.) 2. A Meridian (A pathway pressure points are found on.) 3. A Vessel (A mass reservoir of energy.)

7 <sup>th</sup> Kyu Orange Belt					
How many Meridians and Vessels are there?  12 Meridians 2 Vessels	Heart Small Intestine Triple Warmer Pericardium	Lung Large Intestine	Gall Bladder Liver	Spleen Stomach	Kidney Bladder

6 <sup>th</sup> Kyu Purple Belt					
Elements associated with each meridian.	FIRE	METAL	WOOD	EARTH	WATER
	Heart Small Intestine Triple Warmer Pericardium	Lung Large Intestine	Gall Bladder Liver	Spleen Stomach	Kidney Bladder

5 <sup>th</sup> Kyu Green	4 <sup>th</sup> Kyu Blue	3 <sup>rd</sup> Kyu Brown	2 <sup>nd</sup> Kyu Brown	1 <sup>st</sup> Kyu Brown
Heart 2, 3, 6 M-UE 28 Lung 1, 2, 5, 6, 8	Large Intestine 7, 10, 13 Lung 6, 7 Triple Warmer 3, 11, 12 Small Intestine 6, 7	Gall Bladder 31, 32, 33, 35, 36, 41 Spleen 6, 9, 10, 11, 12 Liver 12	Stomach 5, 9, 11 Small Intestine 18 Triple Warmer 17 Large Intestine 18 Gall Bladder 20, cluster Conception Vessel 22 Governing Vessel 26	Conception Vessel 3, 4, 5, 6, 17, 22 Spleen 21 Gall Bladder 24, 25 Liver 14 Triple warmer 23 Bladder 10 Pericardium 1

<p><b><u>WRIST EXERCISES:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward (Vertical) Wrist Extensions pg. 40-41</li> <li>2. Rotational Wrist Extension -In/Out pg. 42-43</li> <li>3. Downward (Horizontal) Wrist extension</li> <li>4. Reverse Wrist Extension</li> <li>5. Wrist Lock Stretch</li> <li>6. Goose Neck Wrist Stretch pg. 46</li> <li>7. Bent Elbow Wrist Stretch</li> <li>8. Thumb-Wrist Entry Exercise pg. 47</li> <li>9. Wrist Radius Exercise pg. 156-157</li> <li>10. Sleeve choke exercise</li> </ol>	<p><b><u>FINGER LOCKS:</u></b></p> <ol style="list-style-type: none"> <li>1. Index Finger Lock pg. 88-89</li> <li>2. Thumb Compression <ol style="list-style-type: none"> <li>a. Palm heel push</li> <li>b. Peel (with finger)</li> <li>c. Peel (with thumb)</li> </ol> </li> </ol>
<p><b><u>WRIST LOCKS:</u></b></p> <ol style="list-style-type: none"> <li>1. Basic Wrist Lock (Kote Gaeshi) pg. 124-125 <ol style="list-style-type: none"> <li>a. Opposite hand</li> <li>b. Cross hand</li> <li>c. Two hand</li> </ol> </li> <li>2. Reverse Wrist Lock pg. 78-79</li> </ol>	<p><b><u>BODY THROWS:</u></b></p> <ol style="list-style-type: none"> <li>1. Major Outer Reaping (O-soto gari) pg. 150-151</li> <li>2. Hip Throw (O-goshi) pg. 122</li> </ol>
<p><b><u>KICKS AND STRIKES:</u></b></p> <p>Rear Leg Delivery –</p> <ol style="list-style-type: none"> <li>1. Front snap (Mae-geri)</li> <li>2. Roundhouse (Mawashi-geri)</li> </ol> <ol style="list-style-type: none"> <li>1. Three-Quarter Punch <ol style="list-style-type: none"> <li>A. Jab (Tobikomi-zuki)</li> <li>B. Cross (Gyaku-zuki)</li> </ol> </li> </ol>	<p><b><u>UKEMI:</u></b></p> <ol style="list-style-type: none"> <li>1. Slapping <ol style="list-style-type: none"> <li>A. Side Fall</li> <li>B. Side to Side pg. 34-35</li> <li>C. Backward Falling pg. 28-29</li> <li>D. Front Falling</li> <li>E. High Fall</li> </ol> </li> <li>2. Rolling <ol style="list-style-type: none"> <li>A. Forward Roll pg. 30-31</li> <li>B. Backward Roll pg. 32-33</li> <li>C. Barrel Roll</li> </ol> </li> </ol> <p>Optional</p> <ol style="list-style-type: none"> <li>A. Soft style front fall (worm)</li> <li>B. Backward Recovery Exercise</li> </ol>
	<p><b><u>WRIST ESCAPES</u></b></p> <p>Opposite side, cross grab, and overhand grab</p> <ol style="list-style-type: none"> <li>1. Thumb Wrist Entry</li> <li>2. Web Up</li> <li>3. Wedge Out</li> <li>4. Floating Elbow</li> </ol>

**WRITTEN TEST:****SMALL CIRCLE:**

1. How many principles govern Small Circle? 10 on current curriculum, 16 on new one
2. What are the first three? 1. Balance 2. Avoiding Head on collision (Collision of Forces) 3. Mobility & Stability
3. What are the rules for safety in the Dojo? See Dojo safety rules handout.
4. Explain how to deal with students who have a high tolerance to pain? Students should tap when they feel pressure, not pain. The joint can still break even if the student doesn't feel pain.
5. Why is it important to learn how to fall? To prevent injury
6. Why do we slap the arms when we fall? To absorb the impact
7. Who is the Founder/Creator of Small Circle Jujitsu™? Prof. Wally Jay

**PRESSURE POINTS:**

What is?

1. A Pressure Point an area on the body sensitive to pressure.
2. A Meridian A pathway pressure points are found on.
3. A Vessel Governing vessel and conception vessel.