

MUSASHIRYU-AIKI JU JUTSU

SELF DEFENSE - JU JUTSU

Bushido Kai America

Family Martial Arts Center

Woodland Mall * 1234 North Main Street * Bowling Green, Ohio 43402 * 419-353-JUDO (5836)

In ancient Japan's feudal times, only the warrior class and the nobility were permitted the use of weapons. For the common person weapons of any kind were strictly forbidden. Therefore, in matters of self-defense, common folk had to devise a system of fighting and self defense without the use of weapons. As a result, many systems of weaponless fighting were developed. These schools or systems generally became known as **Ju Jutsu**.



Ju Jutsu has many translations. The "Ju" can mean soft, yielding, gentle or to give way. "Jutsu" is most often translated as fighting methods.

Here at the Bushido Kai America Family Martial Arts Center we practice a system known as **MusashiRyu Aiki Ju Jutsu**. A system that incorporates many of the throws and submission holds of **Judo** with the joint and finger locks of **Aikido**. To complete the Bushido Kai self defense system techniques of pressure point fighting, **Hung Gar Kung Fu** blocks and "tie-ups," and striking from the **Chito-Ryu Karate** system have been added. This combination makes for a highly effective system of self-defense.

Aiki Ju Jutsu is a highly effective system of self-defense for anyone, man woman or child. It does not rely on size, physical stature or strength to be effective. The objective of **Aiki Ju Jutsu** is control rather than submission. For this reason police agencies and academies across the United States will use many of the same techniques taught here.

Bushido Kai America Chief Instructor, J.P. Livergood, teaches the Ju Jutsu Classes. Mr.

Livergood has over 25 years of coaching and instructing in Judo and Ju Jutsu. He is a certified 6th Degree Black Belt in Judo with the United States Judo Association and a 6th Degree Black Belt in Ju Jutsu with the United States Martial Arts Association. He is a National Rank Examiner for Judo and Ju Jutsu Rank Promotions in the United States. He is the Executive Director for Musashi-Ryu Aiki Ju Jutsu in the United States.

United States Judo Inc.: Bushido Kai America is a Chartered Club of USJI. Membership in the USJI is required of all members prior to the start of any class as the USJI provides us with accident and liability coverage. Membership is \$50.00 Annually (12 Months.) Bushido Kai America is a National Rank Certification Site for Judo and Ju Jitsu.

Ju Jutsu 101: An introductory course in Judo, Ju Jutsu and self-defense for males and females, ages 13 and older. Emphasis is placed on respect for self and others while learning the fundamental skills and basic philosophy common to Judo, Ju Jutsu and self-defense. Learning how to avoid becoming a victim or target of an attack by increasing self-awareness.



For Additional Information

CALL 353-JUDO (5836)

www.bkajudo.org