

## What can you find in Ju Jitsu?

Almost everything! The chief reason for this is that unlike judo, aikido and karate, which all boasted a modern 'father' or figurehead, Ju Jitsu has none. In nineteenth-century Japan there were dozens of Ju Jitsu schools, each with its own distinctive variations on battlefield and empty-hand combat. Ju Jitsu techniques come from different disciplines, sometimes mixed with aikido, judo and karate techniques, producing what is now a recognised form of modern, synthesised Ju Jitsu. Ju Jitsu schools specialise in self-defense, employing ancient techniques as well as modern methods culled from the Special Air Service (SAS) and various paramilitary and police forces. In their search for variety and synthesis, modern Ju Jitsu teachers explore far and wide, borrowing ideas from the legendary Ninja or from Western methods of wrestling

## How can I or my children benefit?

The obvious way is of course the development of the student's physical strength, stamina and agility. Many people will feel their self confidence growing not only as part of their ability to defend themselves but also as they develop social skills, finding that they are valued as training partners and a member of a club. Training is based on co-operation rather than competition thus promoting mutual respect and interaction rather than aggression. Children are encouraged not only by the attainment of new belts every few months but by the weekly or monthly presentation of student awards for "most improved" or "biggest contribution" to the training sessions.

We open our doors and stretch out our hands to anyone from every gender and creed who wishes to train.

The objectives of the club are to encourage and co-ordinate the pursuit of the sport and recreation of Ju Jitsu amongst its members. Also to provide good and enjoyable training, maintaining good club morale and promoting the martial arts tradition of respect both for ones fellow person and for oneself.}

Ju Jitsu at Monarch is taught as a progressive system using a coloured belt grading as the student becomes more proficient. Starting off with basic and simple techniques at the white belt the student moves to more complex and devastating movements to the black belt and beyond. At each step the level of skill, both physical and mental develops. The syllabus covers aspects of punching and kicking, as in karate, the use of knees and elbows, from Thai boxing, throws, locks and restraints, -judo and aikido, disarming, from modern unarmed

combat and the applications of these to self defense.

In addition to this formal syllabus students have the opportunity to broaden their horizons with competition at local, national or international level, both in demonstration of skills and the combative "sports Ju Jitsu". As well as hosting its own competitions and events Monarch Ju Jitsu enter the Ty-Ga international competition at Crystal Palace and the Open Irish Cup. There is training in use of traditional and modern martial arts weaponry Students progress at their own rate - every belt is a "big goal". Our instructors coach each pupil individually on technique so that the student can reach her own goal. We believe that "a black belt is only a white belt that didn't quit".

## Training times

Juniors (aged 6 and over)

Monday evening - 7.30pm - 9pm - (Tara)  
Tuesday- 7.00pm-8.15pm- (Milnrow)  
Wednesday evening - 7.30pm - 9pm - (Tara)

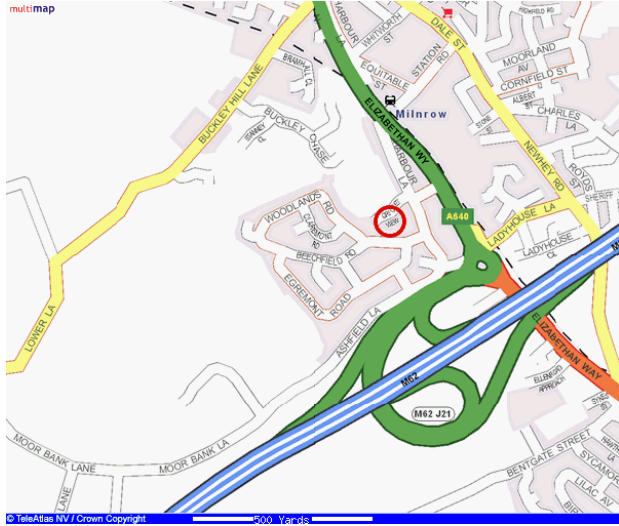
Seniors

Monday evening - 7.30pm - 9pm - (Tara)  
Tuesday evening - 8.00pm - 9.15 pm - (Milnrow)  
Wednesday evening - 7.30 - 9.00 pm - (Tara)

**For more information,  
contact  
Master Keith Turner on  
01706 299 430  
07949038333**

# Milnrow Cricket Club

Harbour Lane Milnrow  
(Tuesdays)



Master Keith Turner  
5th Dan chief instructor  
Ty-Ga Kenpo Jujitsu national team coach  
international black belt hall of fame member

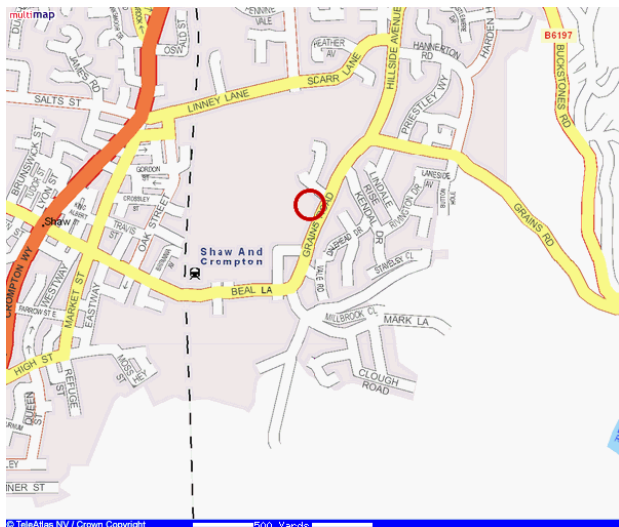
# Monarch Ju-Jitsu Club

<http://www.monarchjujitsu.org.uk>



# Tara Sports & Leisure,

Grains Road, Shaw  
(Mondays & Wednesdays)



- ✓ fitness
- ✓ respect
- ✓ self defense
- ✓ fun
- ✓ competition
- ✓ family discounts