

Secrets of Combat Jujutsu Vol I

3rd Edition, 1st Printing

Published by:

**Modern Bujutsu, Inc.
1811 NW 51 ST #2672
Fort Lauderdale, FL 33309 USA
www.miyamaryu.org**



Table of Contents

About the Author	Page 6
Foreword	Page 7
Introduction	Page 9
Lineage chart	Page 11
History of Combat Jujutsu	Page 12
History of Miyama Ryu	Page 15
A Talk with Shinan Pereira	Page 17
Miyama Ryu Heiho (Strategy and Tactics)	Page 19
Attitude in the Dojo	Page 22
Attitude in Training	Page 23
Attitude of the Tori (Defender)	Page 24
Attitude of the Uke (Attacker)	Page 26
Unarmed Attacks	Page 28
Weapon Attacks	Page 29
Multiple Attacks	Page 30
Safety in the Dojo	Page 32
Sport?	Page 33
Taiso (Body Conditioning)	Page 34
Kamae (Posture and Attitude)	Page 39
Kiai Jutsu (The Spirit Shout)	Page 40
Owaza (the complete technique)	Page 42
Ukemi (Break Falls)	Page 43
Tai sabaki (body positioning)	Page 44
Atemi Waza (Striking Techniques)	Page 45
Kote Waza (Wrist Techniques)	Page 46
Kansetsu Waza (Joint Techniques)	Page 47
Nage Waza (Throwing Techniques)	Page 49
Shime Waza (Strangulation)	Page 51
Kyusho (Targeting Vital Areas)	Page 52
Maai (Combative Distance)	Page 55
Timing	Page 56

Table of Contents

Promotion Requirements for 6th Kyu Orange Belt	Page 57
Promotion Requirements for 5th Kyu Yellow Belt	Page 95
Promotion Requirements for 4th Kyu Green Belt	Page 124
Belt Tests and Promotion Requirements	Page 175
Rank and Promotion Procedures	Page 187
Index	Page 189

Attitude in the Dojo

“While walking home I was approached by two men in their early twenties. One of them asked me for a cigarette and I told him I didn’t have any and I started to walk away. About half a block away I was pushed against a wall by one of the men. I turned towards him and the other one grabbed me from behind in the #1 chest grab. I threw him into the oncoming attacker with Aiki #1.

He landed on his back and head and was knocked unconscious. The other came at me with a roundhouse right, I blocked it with the Taisabaki #2 and threw him with Ippon Seionage and came down with Shuto to the face. I left the two of them on the floor and walked away. The whole incident took less than a minute and all I suffered was a scraped elbow.”

—Aaron Grossman, New York, USA

In Miyama Ryu Combat Jujutsu there are no hidden techniques. From the first day the student faces the reality of the street. All techniques are fighting techniques, the technique that you learn the first day as a white belt still has value 20 years later. What makes a technique more advanced is the practitioner’s ability to perform its timing and dynamics under stressful situations.

There is a tendency among contemporary martial artists to embrace one of two extreme attitudes towards their arts.

The first attitude is to overemphasize ritual in the name of tradition. Under the guise of tradition, supposed experts try to create an atmosphere that makes students afraid to question anything that is taught. This version of tradition usually resembles a bad Samurai movie.

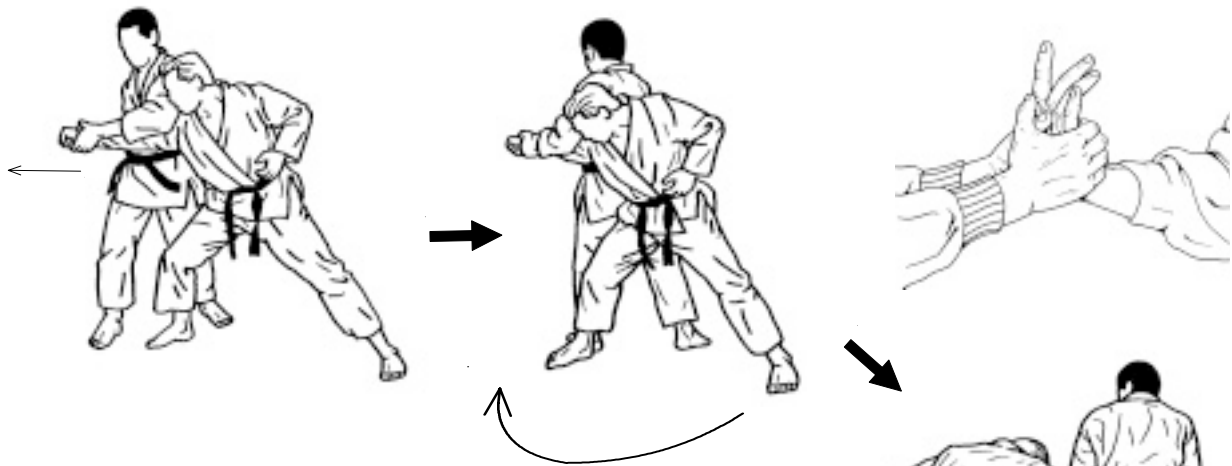
The second popular attitude is to call all tradition “a classical mess.” This attitude claims to foster creativity, but more often it fosters a slack environment. It is common to see individuals, with a few years training, calling themselves masters. In some unexplainable way they must believe that they have surpassed their teachers.

Combat Jujutsu has no masters, only disciples. It is not the work of mystics, but rather a military science involving principles of leverage, strength and anatomical knowledge. Combine these physical factors with the psychological preparedness needed to defeat a determined adversary, and the result is a devastatingly real fighting science.

The modern dojo is not a temple. Zen, Taoism and Buddhism have no place in the training hall. Ideas from these philosophies may help to strengthen a fighter’s resolve. But other fighters may find an equal support from nonreligious sources. Religion is not a part of the training.

The classical schools’ strict formality in practice was based on respect. This attitude carries through in the modern tradition. Respect for teachers, present and past, is important. Respect for training partners and the training environment is equally important. In many military organizations respect is observed by a salute; in business, by a handshake; and in Miyama Ryu, by a bow.



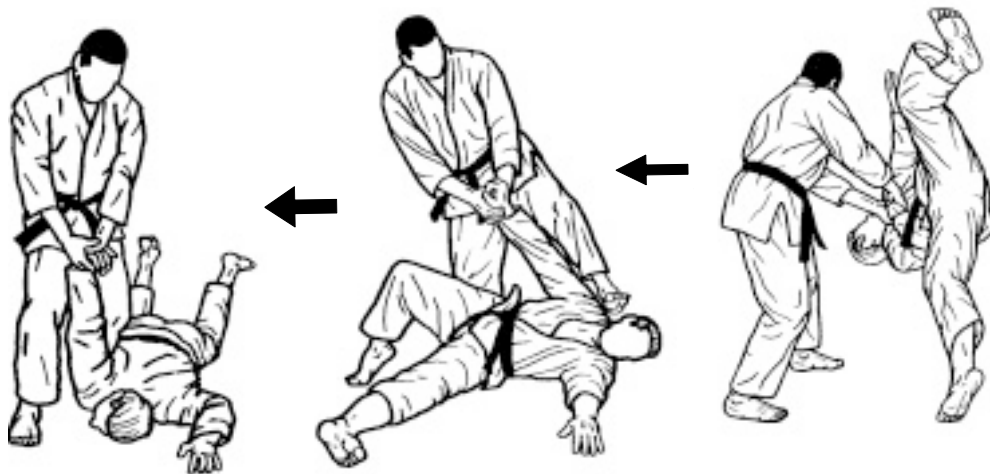


Taisabaki 6 Tori

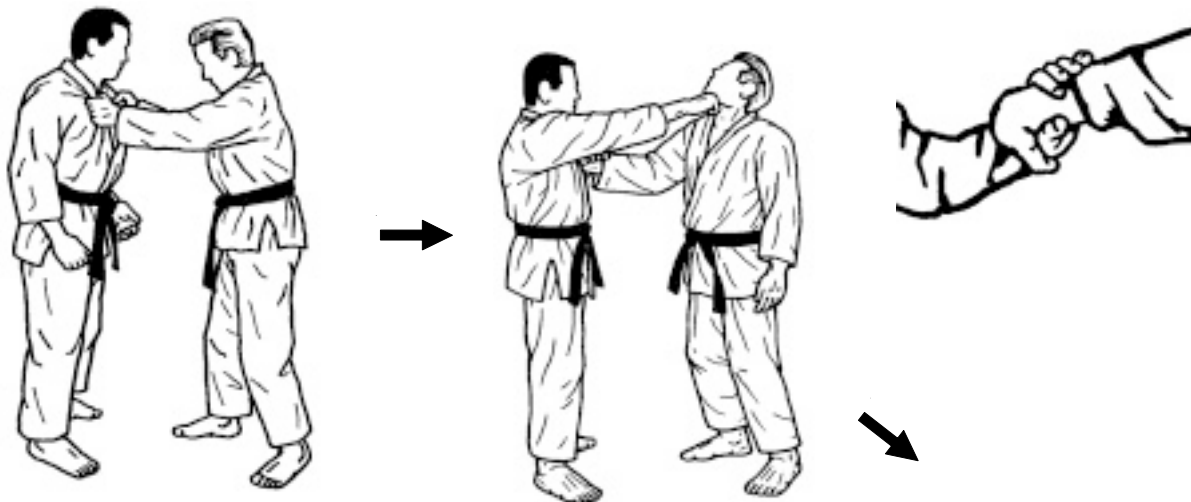
Stand in a relaxed natural position facing adversary. As adversary attacks inhale sharply, step forward with your left foot and pivot your hips 90 degrees clockwise. Bring your left hand up and over the adversary's attacking arm. Grab his arm at the wrist. Bring your other hand to meet his attacking hand. Pivot on your left foot; your hips should be against his hips. His elbow should be pressed tightly against your body. Pull the adversary around until he takes a step. Apply Kotegaeshi 3. Follow up with a ground control. Kiai throughout the technique.

Taisabaki 6 Uke

Execute a right thrust to the adversary's stomach. Kiai loudly. As you feel the pressure against your elbow (Kansetsuwaza), take a big step around with your left foot. Your wrist will be pushed towards your biceps. Prepare yourself for the Kotegaeshi free fall. Slap the mat vigorously when thrown and lie in a side fall position. Slap the mat again after you are taken to your stomach and feel pressure from the ground control.



Question - Lapel Grabs



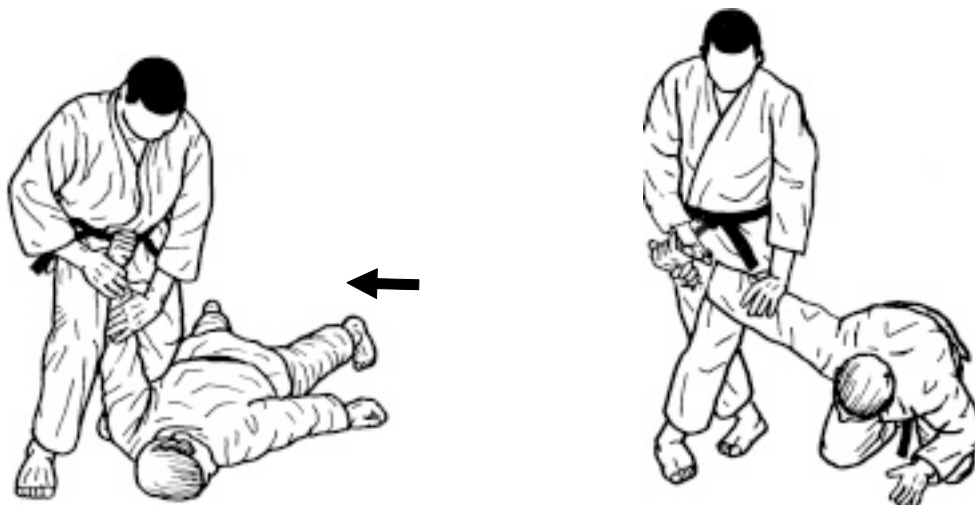
Double Lapel Grab Kansetsuwaza Tori

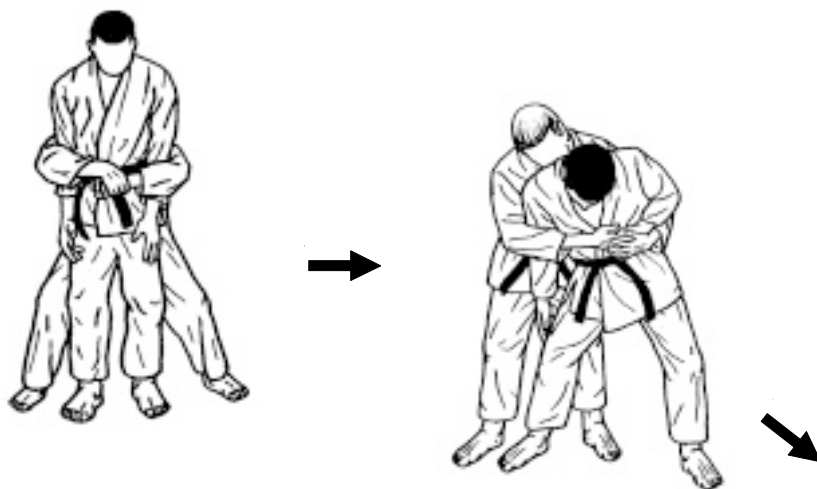
Stand in a relaxed natural position. The adversary will grab you by both lapels. The knife edge of his hands must be facing downwards or it will be too difficult to untangle him. Grab his right wrist with your left hand to secure him. Strike Seiken to a vital area in his face. Step forward with your left foot and apply Kansetsuwaza to the adversary's elbow. Bring him to the ground strongly and immobilize him with your ground control. Kiai throughout the technique.



Double Lapel Grab Kansetsuwaza Uke

Grab the defender's lapels aggressively with both hands. Move your head back to simulate being struck. As your elbow is locked, bend forward slightly. Slap the side of your body as you feel pressure on your elbow. You will be fully unbalanced at this point and unable to step. Fall forward, turning your head away from the captured arm. This will alleviate the pressure. Slap the mat vigorously when you feel pressure on your shoulder.





Rear lower arms Tori

Stand in a natural position. The adversary will seize you aggressively around your chest with both arms below your elbows. Step out with your left leg and strike to the adversary's groin. Grab the groin, step behind his leg and throw the adversary to his back in a scooping motion. Strike to the adversary's head with Fomi Komi Geri. Immediately look for another aggressor. Kiai throughout the technique.

Rear lower arms Uke

Grab the defender tightly around his body. Kiai loudly. Your arms should be below his elbows and there should be no space between you and the defender. The defender will grab your right thigh in class and throw you to your back.

