



Taijutsu - The Art of Self Defence



*Welcome to the Hemel
Hempstead Taijutsu Club
(Bujinkan Dojo)*

You may not have heard of Taijutsu before, so this leaflet is intended to introduce you to our Club and to our Martial Art.



TAI JUTSU

Is a traditional Japanese Martial Art of Ju Jutsu. Older than Judo or Karate the name means 'Body Art' or 'Body Method' we teach self-defence only. Our training stresses agility, natural body movements and practical techniques. We have a Juniors section and a Seniors section in the Club and our teaching includes learning about Japanese language and culture as our Art is practised all over the world.

THE ART

Is made up of several elements including the following:

Junan Taiiso – Stretching and conditioning, yoga-type exercises

Taihen Jutsu – All forms of body movement and agility. This includes rolling, footwork, avoiding attacks, balancing, leaping and climbing.

Daken Taijutsu – Blocking and countering attacks by punching, striking and kicking. It is like Karate but older and uses simpler and more natural circular movements.

Jutai Jutsu – This comprises grappling, throwing and restraint holds at close quarters. It is similar to Aikido and Judo.



Grandmaster – Masaaki Hatsumi

TAI JUTSU

Takes its methods and techniques from nine separate schools of Traditional Japanese Martial Arts dating back 900 years.

It is not a sport or fitness class but a genuine Martial Art with an emphasis on practical and realistic self-defence.

There are no competitions, training 'fights' or grading 'tests'.

THE CLUB

Is a members club, it is not a business or source of income to anyone. Our aim is to keep training fees as low as practicable and to administer any club funds to the benefit of all the members with the assistance of a club committee elected each year by the members themselves.

INSURANCE

Has been arranged by the Club to ensure that all members are covered by an approved liability scheme suitable for the practice of a Martial Art. It does not cover personal accidents

BEGINNERS

Are welcome at any time, we do not arrange regular beginners courses but our training relies heavily on practice with a partner so newcomers to the club are welcome at any session and will always have someone more experienced to practise with them to help them get started.

JUNIORS

Are students under 16 years old. The club will accept any junior **from the age of 8** for training provided they can concentrate enough to benefit from the practice. Younger ages can be considered if an adult family member trains with them.

Juniors pay reduced membership and training fees and follow a more relaxed programme of instruction to the adult members. This is to take account of their differences in size, strength, joint development and the practical needs of self-defence suitable to their ages.

Certain techniques are forbidden in juniors training: For example all 'wrist locking', dangerous throws and weapons practice.



Hemel Hempstead Taijutsu Club

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*Club Website:
www.hemelbudo.org.uk*

MEMBERSHIP

Prospective members are permitted up to 4 training sessions before being required to pay their membership (and insurance) fee upon application for full membership.

Full details of membership and a copy of the club rules are available from Club Officials upon request.

FEES

Introductory lesson - Free

Dojo (training) Fee, per session:

Juniors - £2.50

Seniors - £3.50

Club membership (includes insurance):

Juniors - £10.00

Seniors - £15.00

N.B. This is payable once only.

After the first year of training as a member, **seniors** are required to join the BUJINKAN DOJO our 'home' dojo, based in Japan. The annual fee is 2000 Japanese Yen (around £15).



HITC and 'NIN'

The symbols we use as the club badges include the Japanese character that means 'to endure' or 'patience'. It is made up of the symbol for 'sword' over the symbol for 'heart or spirit'.

MEMBERS

Are eligible to be awarded gradings, they receive a Club membership card and a grading record card and receive a certificate whenever a grading is awarded.

The membership fee is a once only charge, however if you miss over 20 sessions the membership is deemed to have lapsed and the

Club may require you to reapply for a new membership.

Members are also able to purchase training uniforms, equipment and books through the club at a discount (up to half the shop price).

For juniors there is NO need to purchase training uniform - a black tee shirt and track suit trousers will do just as well.

GRADINGS

Are awarded after a minimum 20 training sessions for seniors and 10 sessions for juniors. There is no formal test and there are NO grading fees charged. However senior members are required to purchase a Bujinkan Dojo certificate from Japan when they advance in rank. This costs 2000 Yen (£15) up to the last grade before being awarded Black Belt.

This is one of the best and most informative sites available.



BUJIN

The badge of the Bujinkan dojo is made up of the Japanese characters for war 'BU' and for god 'JIN'. To show that we practice arts of war (not a sport) and that these arts are led by a system of beliefs with moral rules and are not just methods of violence. A true Martial Art is defensive in nature.



THE BELT SYSTEM

	SENIORS	JUNIORS
Beginner	White belt	White belt
9 KYU	Green belt	Red belt
8 KYU	Green belt / one silver star	Yellow belt
7 KYU	Green belt / two silver stars	Orange belt
6 KYU	Green belt / three silver stars	Green belt / white strip
5 KYU	Green belt / four silver stars	Purple belt
4 KYU	Green belt / one gold star	Blue belt
3 KYU	Green belt / two gold stars	Brown belt
2 KYU	Green belt / three gold stars	Brown belt 2 white strips
1 KYU	Green belt / four gold stars	Brown belt 2 red strips
1 DAN	Black belt	Black belt / white strip

Juniors are awarded a MON (Gateway) grade between each KYU (class) grade. This is shown by a coloured strip worn on the belt. Upon reaching the age of 16 'Juniors' become 'Seniors' and have to go back two KYU grades to the Senior Kyu rank.

INFORMATION

There is a lot of information available on the Internet about the Bujinkan Dojo and about Bujinkan Budo Taijutsu. Take a look at our club website at:

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

Or look at:

<http://www.kabuto.nu/>

TRAINING DETAILS

Hemel Hempstead Sports Centre.
Saturday 10.00 am - 12.00 noon
And

Chaulden Community Centre
Wednesday 8.00 pm - 9.00 pm
See

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