



Leicester Ju Jitsu

www.leicesterjujitsu.co.uk

Welcome!

Welcome to the Leicester Ju Jitsu clubs, for those who are new to this martial art below is some helpful information about us and Ju Jitsu.

What is Ju Jitsu?

Ju Jitsu (or Jiu Jitsu, there are various spellings) is a traditional Japanese Martial Art. It is in fact one of the oldest, if not **The Oldest Martial Art**. First recorded to exist around 22BC! From Jitsu came other martial arts including karate, judo and aikido!

It was used by the Samurai warriors of Japan from around 1185 to 1868, so includes weapons such as the Samurai sword, the side handled baton (or Tonfa in use by the police today). Weapons work generally starts after black belt, but some weapons work is practised before.

Jitsu has a bit of everything;

Punches

Kicks

Throws

Take downs

Locks

Hold downs

Strikes to atemi points

Pressure point work

Jitsu has developed over the decades to become a very practical self-defence art, so is great for street defence. Ju Jitsu can aid in the building of self-confidence, strength, fitness and stamina.

Leicester Ju Jitsu

The Leicestershire Ju Jitsu Schools consist of two clubs; Monday Evening at Hinckley and Friday Evening at Coalville.

Your Sensei's at Coalville and Hinckley

Rob Phelps has been practising Ju Jitsu since 1995 and is a 4th Dan Black Belt, Qualified Senior Ju Jitsu Coach, CRB checked, First Aid Qualified and has Professional Indemnity Insurance – these documentation are available to view, should you to see them please just ask! On achieving 3rd Dan, Rob turned his attention to teaching and opened his two clubs in 2006. Now assisting Rob with instruction in the two clubs is;

Sensei Rob Phelps	Senior coach	4 th Dan	Hinckley & Coalville
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Sensei James West	Club coach	1 st Dan	Hinckley
Sensei Corey Langton	Assistant club coach	1 st Dan	Coalville
Sensei Amanda Phelps	Assistant club coach	Brown	Hinckley & Coalville
Morgan Phelps	Junior leader	1 st Dan	Hinckley & Coalville
Kyle Narczyk	Junior leader	Brown belt	Hinckley & Coalville
Kelly Newbold	Junior leader	Brown belt	Coalville
Teile Narczyk	Assistant junior leader	Purple belt	Hinckley & Coalville

Etiquette & Terms

Dojo	-	Training hall or room
Sensei	-	Teacher
Hombu	-	Headquarters
Rei	-	Bow
Yami	-	Stop

Practising martial arts particularly Ju Jitsu is about *Respect*. Showing common courtesy for yourself and others around you. Therefore in the Leicester Ju Jitsu club we ask for;

- Respect for yourself
- Respect for your fellow students
- Respect for the training room
- Respect for the training mats
- Respect for the equipment, be they medicine balls, sit-up benches, or weapons, and last but DEFINATELY not least,
- *Respect for your Sensei.*

When laying out mats or storing them away, take care of them - they're often all that stands between you and a nasty bruise (or worse!), and of course they're not cheap, so if you want to keep club fees down, make sure they don't get damaged - same goes for the equipment, if it's damaged tell the instructor, and always store it safely after use - normal health and safety rules.

When you start a martial art for the first time or indeed a different martial art, the old adage of "**you've got two ears and one mouth, use them in that proportion**" is so VERY VERY true. You should be "all eyes and ears". It takes at least 8 sessions to get a real handle on what goes on within a particular martial art school, so use this time to find out what is expected of you, and if after 8 sessions you decide that it's not for you, then fair enough, at least the instructor knows you've had a good go, and years later you can look back on it as a good learning experience.

If you find it is for you, consider it a life change - and commit to achieving at least your **black belt**.

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