

INTERNATIONAL COMBAT MARTIAL ARTS

Martial Arts: literally meaning is the “Arts of War” But usually referred as “Fighting Arts” are system of codified practice and traditions of Combat Martial Arts is a practice of Ninjustu, Karate and other different fighting style, It is simply just term used to classify all of them.

Martial Arts known as any of several arts of “Combat and Self Defence” it is a composite of method, technique, philosophy and ideology that defines a system of physical and mental. The Self Defence methods presented in these courses are dangerous and must be practised with powers at mere provocation; Use those methods to defend yourself or someone you believe to be in danger of physical harm.

Empty unarmed hands: involves the control of the natural body tension, for a slit second your body concentrates its forces for attack at some point on your attacker’s body. The two techniques practical in Self Defence are throwing and falling. Oriental styles of defence into a highly effective method of using the feet as weapons. Wrestling holds are practical in Self Defence situation.

Combat and Self Defence: is made of mixing of all techniques the Kicking techniques are used maximum lower level of the body. The techniques of Combat are used on the weak points of the body (pressure point) there are 44 weak points are in the body located at all the joints of the bones, the nerves carry the blood to circulated towards the body. If the circulation of the blood is stop by using the pressure point automatically your body stop working it becomes loose and you don’t have power to fight, this technique is used in Combat –“Budo Ninjustu/Nepal Arts” It has a strict training with cool mind like the Army & Police training. Weapons are used in this art, but only for Self Defence not to kill or get injured.

JUJITSU WEAPONS

JU-JITSU: is based on take downs ... throws, holds and locks. The Instructor must teach the coordination of technical blocks with foot movements anticipating the attack and following the holding force / lock down or throw.

If the techniques right shot then teaches is easy for the opponent to the practical, easy and secure. Better to teach the technical parts.

Many Instructors has the habit of using excessive force and teaching techniques. If we make an error may occur accident while practicing this art.

Always should learn to do the techniques with less pressure than strength, speed of body movements that will help you convert deadly technique techniques.

Always be cool and calm while practicing ju-jitsu techniques

THE WEAPONS OF JUJITSU

JUJITSU: a martial art that can be traced back more than 2,000 years. It is an effective and comprehensive style of combat that includes strikes, throws and chokes and joint lock and projections. Establishing the recent emphasis on empty-hand jujitsu, historical review helps to explain why weapons were used. Jujitsu was developed as a military skill and its weapons were used to strike an enemy from a distance.

- 1) Bladed – a weapon with a point or an edge.
- 2) Chain – a metal rope, usually attached to a stick or edge.
- 3) Stick – a hand-held piece of wood without a point or edge.
- 4) Miscellaneous – weapons not fitting into one of the preceding classifications.

Classical weapons training: First weapons are traditionally a part of Jujitsu and many of its empty-hand techniques were developed to use while armed against an armed opponent.

Therefore, weapons training help to development of the speed, timing and concentration. You move much faster and pay more attention in class when your opponent comes after you with a stick.