

# 柔術

## JU-JUTSU

**Ju-Jutsu** (柔術, *jūjutsu*, jujutsu, ju-jitsu, jujitsu, jiu-jitsu, jiujitsu) literally meaning the "soft technique" or "art of softness" is a collective name for Japanese martial art styles including unarmed and armed techniques. Ju-Jutsu evolved among the samurai of feudal Japan as a method for defeating an armed and armoured opponent without weapons.



## HOKUTORYU JU-JUTSU

### Modern Ju-Jutsu & Self-Defence System

Hokutoryu (northern star style) Ju-Jutsu is the most complete, effective and innovative reality-based martial art style. It is based on a traditional Japanese combat system that has been adapted to meet the needs of the modern society.

Hokutoryu Ju-Jutsu combines correct timing of defence and offence including escapes from different types of grabs, blocks, punches, kicks, throws, take-downs, joint locks, chokes and holds to subdue or disable one or more unarmed or armed opponents.

Hokutoryu Ju-Jutsu training includes effective martial arts combat techniques, break falls and different levels of fitness and stretching exercises.

Hokutoryu Ju-Jutsu is practised by ordinary citizens (male and female), police, military and security personnel.

Hokutoryu syllabus is divided into student (kyu) and master (dan) grades. Student grades are; white, yellow, orange, green, blue and brown belts (6<sup>th</sup> - 1<sup>st</sup> kyu). Master grades are black belt degrees (1<sup>st</sup> - 10<sup>th</sup> dan). 6<sup>th</sup> - 8<sup>th</sup> degree (dan) black belts are allowed to use also red-white belt and 9<sup>th</sup> - 10<sup>th</sup> degree (dan) black belts are allowed to use also red belt.

Hokutoryu Ju-Jutsu was founded by **Soke Auvo Niiniketo** in Finland.