

孔雀流護身術

Kujaku Ryū Goshin Jutsu

EXPLANATION OF THE NAME

Kujaku Ryū Goshin Jutsu is a *jūjutsu* style developed by Paul Pauwels *shihan* (Belgium).

- Kujaku is the Japanese word for “Pauw” (peacock), the first part of the name “Pauwels”
- Ryū means school or style
- Goshin Jutsu was the self-defence for the civilian

Jūjutsu was the (usually) unarmed defence of the samurai. Because the amount of “warriors” in our style is limited compared to the civilians, preference was given to use goshin-jutsu in stead of jūjutsu.

In 2008 the style was officially recognised by the Flemisch Ju-Jitsu Federation

In 2020 the style was officially recognised by the Ju-Jitsu International Federation

WHAT MAKES THIS STYLE SPECIAL

Besides jūjutsu Paul also practiced shotokan karate, kyusho jutsu and escrima, and to a lesser amount jūdō en aikidō. This resulted in a slightly different way of practising and teaching jūjutsu than was done in the other clubs of the Vlaamse Ju Jitsu Federatie (VJJF).

Different aspects of the other disciplines are to be found in the program.

DEVISION OF THE PROGRAMM

The program of the kyu-grades has been build around on central theme: ***tai-sabaki-no-kata***; a basic exercise that teaches the basic techniques that are practised in the different grades.

- 6° kyu: dojo-kun: knowledge of the rules in the dojo
- 5° kyu: ude kansetsu waza: locking techniques on the arm
- 4° kyu: nage waza: throwing techniques (mainly jūdō-related)
- 3° kyu: kote-kansetsu & nage waza: wristlocks and throwing techniques (mainly aikidō-related)
- 2° kyu: sutemi waza: sacrificing throws + defense against weapons
- 1° kyu: kerī waza: hitting & kicking techniques

In every grade also other techniques are treated so that the student has access to a great variety of techniques that will enable him to defend himself or to develop his (martial) art.

For 1°, 2° and 3° dan the following items are studied:

- bunkai jutsu: the “hidden” techniques of karate kata
- counter-techniques for throws
- counter-techniques for locks
- advanced techniques with weapons

For 4° and 5° dan the emphasis lies on personal development.

READING THE PROGRAM

The only way to learn a martial art is to take physical lessons with a certified instructor ‘sensei or shihan’. But to help the students (and also the other sensei and assistants) there is a summary of the program on paper.

Text marked in RED = general explanation.

Text in BOLD = the actual name of the technique, usually in Japanese.

Normal text = translation in English of the name of the technique.

Text in ITALIC = short explanation of the movement.

‘-’ = part of the program, but there will be NO separate evaluation on this part during the examination.

‘Ex’ = this part of the program will be evaluated during the examination.

DOJO KUN – DOJO RULES

In this *dojo* (training hall) Eastern martial arts are practised.
All participants are supposed to know and to honour the *dojo* rules.
Local advices can be added, according to local law(s) or custom(s).

Training sessions

- Be in the dojo in time. Training starts and stops at the published hours.
- Higher grades warn the teacher when they are unable to come to training.
- One can only come on the *tatami* with permission of the teacher. Anyone who comes late waits at the side of the *tatami* until the teacher gives his permission to join.
- You go from the dressing room to the *tatami* with appropriate shoes: slippers, *zori*, gym shoes. For hygienic reasons you never walk barefoot except on the *tatami*. Shoes are never allowed on the *tatami*.
- When training has finished you immediately leave the *tatami* (maybe the next group is already waiting).
- The teacher can allow you to drink during training, but all empty bottles or cans are thrown in the garbage bin afterwards.
- It is not allowed to eat or drink on the *tatami*. If you drink you do it next to the *tatami*.

Cloths and habits

- Try to learn and use the Japanese names as soon as possible.
- Always wear the correct outfit: a white *GI* (Japanese practise cloths).
- Always show respect for your partner.
- The teacher is addressed with his first name or with the title “*sensei*” (= teacher).
- Follow the guidelines of the higher grades.
- There is no unnecessary yelling in the dojo.
- During explanations you stand or sit at the side. Never “lean” against the wall. Sitting is done in *seiza* (sitting on both knees) or in *agura* (sitting like a tailor).

Material

- Any material can only be used with permission of the teacher and is put back on its place afterwards.
- Broken or damaged material is reported to the teacher immediately.
- Material that belongs to the dojo can never be used outside the dojo without permission of the teacher or the board, even if only for a short period.

Personal hygiene

- Your body as well as your clothes should be clean, finger- and foot nails have to be kept short, and long hair is worn in a ponytail.
- Preferably the feet are washed before coming on the *tatami*.