

TAIHO JUTSU

Beginner to Black Belt



速捕術

Syllabus
Training Manual

by
Ross Jackson

TAIHO JUTSU

Beginner to Black Belt



Syllabus Training Manual

by
Ross Jackson

Artists W & W. A. Isaac
Graphic Artist R. A. Jackson

Published by
Ross Jackson
1995.

Revised 1996, 1997,

The rights of Ross Jackson as an author of this work is asserted by him in
accordance with the
Copyright, Designs & Patents Act, 1963.

All right reserved. No part of this book may be re-produced, stored in a retrieval
system, or transmitted in any form or by any means , electronic, mechanical,
photocopying, recording or otherwise without the prior permission of the author.

Printed by
Ross Jackson

Foreword

When I began to study Taiho Jutsu in 1981 little did I realise how much it would affect and change my life. Until that point I had practised and become knowledgeable in the sport of judo and a number of other martial arts. I did not know that I had only touched on the physical aspects, and that there had been a great void in the foundation of my knowledge.

Taiho Jutsu put me on the path that can only be described in Western language as enlightenment. What had been lacking was 'Ki'.

My instructors in previous Martial Arts had neglected the essential format that made up any martial art. The Oriental import was missing, yes, the combat was there, I was good, even represented my country, but fulfilment had not been achieved. As a young man strength and stamina are paramount, but as an adult they begin to fail, only slightly if you maintain the standards, but fail they do. The hunger is still there but the speed of reaction slows, only fractionally it is admitted, but it is enough to be dangerous at a high level. When the ability to compete at international level goes, then there has to be something pretty sensational to take its place.

'Ki' is the embodiment of all enlightenment. It is the Centre, and around it provides all. 'Ki' made it possible to get the feeling, the essence of what it had all been about, the reason why we train, the reason why we achieve.

Taiho gave me a new direction. It made me apply myself, sure the techniques are strong, able to overcome any other martial art system, but in themselves not enough. Taiho gave me a thirst for knowledge. It made me realise how little I knew.

I began to cast my net, and in doing so I met a most startling man, George Saltries, he was 83 when I met him. He took me under his wing and I began to learn, a sponge in a bath, no matter how much I was able to soak up there was always so much more. He began with the physical aspects of 'Ki', the ability to apply it to techniques, achieving power that I had previously before thought of only as 'book oriental mystique. As I developed I began to see that 'Ki' opened my mind. As time has progressed I have become to understand the humility of George's own words, "The more I learn, the less I know".

I would like to thank the following people for their assistance in the compiling of this manual. William Isaac, Robert Noble, Matthew Kelly and Edward Waters for their gentle persuasion in the direction of the manual.

Ross Jackson
1995

I dedicate this book to two men. Brian Eustace who was my mentor in Taiho Jutsu, and George Saltries. They achieved more for anyone I have ever had the pleasure of teaching than they will ever know.

Ross Jackson
1995

Contents

| | | |
|-----------------------------------|------|----|
| Foreword | Page | VI |
| Taiho Jutsu - Origins | Page | VI |
| Training guide | Page | 1 |
| Breakfalls | Page | 4 |
| Posture | Page | 6 |
| Passive holds | Page | 8 |
| Restraints | Page | 10 |
| Releases | Page | 12 |
| Cross blocks | Page | 14 |
| Weapon defences | Page | 16 |
| Ne-waza - Groundwork | Page | 18 |
| Groundwork roll-overs / Leg holds | Page | 22 |
| Tanto Randori | Page | 24 |
| Nage waza | Page | 31 |
| Syllabus (Kyu) | Page | 34 |
| Syllabus (1st Dan) | Page | 36 |
| Syllabus (2nd Dan) | Page | 37 |
| Syllabus (3rd Dan) | Page | 38 |
| Grading examinations | Page | 39 |
| Competitions | Page | 41 |
| Glossary | Page | 48 |

TAIHO JUTSU

Taiho Jutsu is the adopted martial art of the Japanese and British Police forces.

In Britain, Taiho Jutsu was first taught at CPU (Central Planning Unit), the Home Office Teaching College for Police Physical Training Instructors at Harrogate, Yorkshire, in 1979. As the requirements of the British Police are different to most other Police forces of the world the decision to adopt Taiho Jutsu was made with the proviso that it be adapted to suit the needs of the British Police. In 1979 it was introduced into the Physical Training syllabus by Mr. Brian Eustace, a retired Police officer, using the same principles of evolvement that has been available in Japan. It has since been taught at all British Training establishments throughout Britain, and all Police Officers since that date have been taught to the minimum standard of yellow belt, some attaining orange belt. There were no purely civilian black belt instructors in Taiho Jutsu. As a result of this instruction, the syllabus for Taiho Jutsu has been adapted into a system best suited to the needs of the British Police forces.

TAIHO JUTSU AND ITS ORIGINS

All martial arts have but one aim, and that is to make the defender safe, by either forcible removal of the attacker or damage of the attacker to allow the defender to remove himself from the scene with safety.

Taiho Jutsu is fundamentally different from all other martial arts in that the defender must achieve the aim of safety and also retain the attacker in his possession so as to affect an 'arrest'. Having completed a defence, the attacker must be held in such a way that he can be restrained, from further attack, or from escape, with the least amount of physical injury to either himself or the defender.

Taiho Jutsu in its present form is derived from the system used by the modern Japanese Police force. From the 14th century Menji era, various forms of martial arts have been used by the Police for both practice and physical education.

It was felt that none of the martial arts were purely suited to the Police with their particular needs when applied to civil problems. As the awareness of the modern public was recognised it became essential that the Police should standardise their own system with appropriate techniques of self defence.

In 1924 the Tokyo Police bureau convened a technical study by an outside committee. Amongst the committee members were various martial art specialists in Judo, Jujitsu, Kendo, Kenjutsu, and Karate. This committee devised a series of self defence techniques based on unarmed defences, and recommended these techniques be taught. The Police board approved the techniques and incorporated them into basic Police training with the proviso that intensive study and testing be completed.

After the Second World War SCAP (Southern Command Army - Pacific) enforced a martial art prohibition and the Japanese government requested SCAP to allow the development of a Police system of self defence. This development was approved and all the previous elements were studied, but with the addition of Western style boxing. A system comprising of these elements together with the ancient teachings was created in 1947 and called Taiho Jutsu. An official manual was published and has since been revised in 1949, 1951, 1955, 1962 and 1968.

In 1974 the British Police commissioned a report with regard to self defence. As a result it was felt that an adoption of a defined system of self defence would be best suited. Prior to this date instruction in self defence was left to the physical training establishment of each area, with only a few techniques being standard.

As the requirements of the British Police are different to most other Police forces of the world the decision to adopt Taiho Jutsu was made with the proviso that it be adapted to suit the needs of the British Police. In 1979 it was introduced into the Physical Training syllabus by Mr. Brian Eustace, a retired Police officer, using the same principles of evolvement that has been available in Japan.

A further revue in 1990 led to an ACPO (Association of Chief Police Officers) recommendation in 1991 that all Police Officers should receive on-going training in Self Defence throughout their career. All techniques taught in Police Taiho Jutsu are approved as correct by the Home Office. Taiho Jutsu is under constant study to allow revision with regard to the needs of the Police.

In 1995 the Home Office registered with the British Self Defence Governing Body to allow the formation of civilian clubs in Taiho Jutsu.

The teaching of Taiho Jutsu is split into three different aspects. In the centre is the Kata, the formal demonstration of the basic techniques of Taiho, and this is completed at all grading levels. On one side is the Street applications of the Kata techniques, on the other is the competition application of the Kata techniques. Streets and contest both derive from

Kata but are different in that whilst the demonstration of a Kata technique, by any person, should be exactly the same, streets and contest adjust the techniques to both the defender's and opponent's size and weight.

In Japan, more emphasis is given to 'Hojo jutsu', the method using a metal truncheon with hemp attached, the truncheon to restrain and incapacitate, the hemp being used to bind a prisoner to prevent escape. The Taiho Jutsu method used by the British Police limits itself to the use of body locks and handcuffs for restraint.

Shiai (contest) is the sport aspect of Taiho Jutsu which is derived from Tomiki Aikido and should not in general be considered 'streets', as the defender usually sacrifices safety to perform the technique against the 'friendly' attacker.

The grades in Taiho Jutsu are as follows:-

| | Senior | | Junior |
|--------|---------|-------------|-----------|
| Yellow | 5th Kyu | | Mon,1,2,3 |
| Orange | 4th Kyu | | Mon,1,2,3 |
| Green | 3rd Kyu | Upper/Lower | Mon,1,2,3 |
| Blue | 2nd Kyu | Upper/Lower | Mon,1,2,3 |
| Brown | 1st Kyu | Upper/Lower | Mon,1,2,3 |
| Black | Dan | 1 - 10 | |

Why has this manual been written?

In 1981 Ross Jackson attended at Panal Ash to train as a PTI and Self Defence Instructor. At that time the syllabus was not written but adjusted to each course. This was acceptable as to allow instructors to hone their skills and knowledge. Police students were only taught on basic courses run training centres and never returned.

Ross Jackson received an Orange belt. Over the next few years he was to advance by two grades on each course attendance. Attaining 1st Dan in 1984. The art of Taiho was honed in practice on the streets of Liverpool.

That year 1984, the the very fist civilian Taiho Justu club was formed in Merseyside by Ross Jackson. Up till this time no grading syllabus was actually written down. To facilitate grading, the techniques learned from courses were documented

Cub training was rigorous, as befits a civilian club, and the members were awarded their grades according to this syllabus. Progression could only be made by attendance and through each prior grade.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

