

JU-JITSU MOVEMENT STRATEGY

By Sensei Bruce R. Bethers

Dodging Techniques - Furimi Waza

Body movement has always been directly connected to the success of every technique in Ju-Jitsu. "Body Dodging Techniques" add greater avoidance to the attacker(s) assault. Although foot work is limited to the movements of the legs and feet, dynamic body movement considerably broadens when it includes dodging or shifting of position to avoid an attack and set-up for counter-attack. Developing advance skill in Furimi Waza is an essential part of Ju-Jitsu.

There are nine basic types of dodging techniques to master in Ju-Jitsu. These nine movement techniques include: Step Dodge (Kaishin); Side Dodge (Yoko Furimi); Backward Dodge (Sorimi); Pull-In Dodge (Hikimi); Circular Dodge (Ryusui); Jumping Retreat (Tobi Sagari); Sliding Retreat (Hiraki Sagari); Full-Turn Dodge (Zen Tenkan) & Half-Turn Dodge (Hon Tenkan).

A detailed description of each technique is as follows:

STEP DODGE - KAISHIN

a. A Step Dodge is a movement technique in which the Ju-Jitsuka avoids an attack by moving one foot in order to avoid the attacker's assault. The technique may be executed in two methods:

b. Method #1, Move one foot in a circular manner to the rear so as to turn the upper body to the side and avoid the initial attack.

c. Method #2, Step forward diagonally to the side with one foot and turn the body towards the attacker.

SIDE DODGE - YOKO FURIMI

A Side Dodge is a technique which moves only the upper body to the side without moving the feet. This movement technique is designed to avoid the attacker's punch, kick or strike toward the head. The hands must continue to provide center-line coverage to allow for blocking and quick counterattack.

BACKWARD DODGE - SORIMI

A Backward Dodge is a movement technique of shifting the body weight to the rear leg and leaning the upper body backward, without moving the feet to avoid the attacker's punch, kick or strike to the upper body. Ju-Jitsuka's balance must be maintained to facilitate kick counterattacks.

PULL-IN DODGE - HIKIMI

A Pull-In Dodge is a movement technique shifting the weight to the rear, however only the middle part of the body is retracted, not the entire body in order to avoid the attacker's kick and/or punch to the stomach. The hands must continue to provide center-line coverage to allow for blocking and quick counterattack.

CIRCULAR DODGE - RYUSUI

A Circular Dodge is a movement technique in which the feet do not move, however the body drops and moves to the side in a circular manner to avoid the attacker's punch, kick or strike to the upper body. The arms are positioned to block any kicks by the attacker.

JUMPING RETREAT - TOBI SAGARI

A Jumping Retreat is a movement technique in which the Ju-Jitsuka must exercise extreme alertness to the potential attack. At the moment that the attacker begins his forward motion assault, the Ju-Jitsuka executes a jump to

the rear to avoid the initial attack. Upon landing from the jump, the Ju-Jitsuka must maintain body weight balance in order to execute a counterattack.

SLIDING RETREAT - HIRAKI SAGARI

A Sliding Retreat is a movement technique similar to the jumping retreat except that the feet slide along the ground. Timing, proper distance and the ability to execute a counterattack are equally important when using this technique.

FULL-TURN DODGE - ZEN TENKAN

A Full-Turn Dodge is a movement technique used when in close quarters with the attacker. The Ju-Jitsuka quickly moves one foot in a circular manner (180 degrees) while pivoting on the other foot as the attacker grasps or thrusts toward the upper body. This movement technique can be used as a set-up for a throw (Nage Waza) or to avoid a choke or grab by the attacker.

HALF-TURN DODGE - HON TENKAN

A Half-Turn Dodge is a movement technique used to protect the "Vital Points" of the body. One foot moves in a circular manner (90 degrees) while pivoting on the other foot as the attacker punches kicks or grabs. A blocking technique should be executed during the dodge. After the Half-Turn Dodge is executed, the Ju-Jitsuka is in good position to counterattack.