

Enrollment information

YMCA Jujitsu Club - Adult Program

Accepting ages 13 and older

Tuesday and Thursday evenings 7:45-9:30pm

Cost: \$20 Members/ \$40 Non-Members (Monthly)

YMCA Jujitsu Club - Youth Program

Accepting ages 8-13

Tuesday and Thursday evenings 6:30-7:45pm

In addition to learning the basic techniques of Jujitsu for self defense, your child will learn the values of discipline and respect, honesty, and kindness, as well as the necessity for taking responsibility for their actions. Your children will have fun while participating in a series of exercises, relays and games designed to build reflex skills, coordination, flexibility and endurance. The youth classes are designed to be fun, yet teach useful skills and most importantly build good character.

For beginners wearing sweats or other loose workout attire is recommended.

Opportunity to purchase a Jujitsu Gi (uniform) will be offered as you progress.

Our classes usually begin with various low impact conditioning exercises designed to increase physical fitness and strengthen the cardiovascular system.

Please Note: If you have health concerns about your ability to engage in a sports related activity please consult your medical care professional prior to your participation in our Jujitsu program.

Training in Danzan Ryu Jujitsu also encompasses the following goals:

• **Condition the Body**

By increasing:

- o Flexibility
- o Balance/Coordination
- o Stamina

• **Focus the Mind**

By practicing:

- o Patience
- o Sensitivity
- o Concentration

• **Awaken the Spirit**

By developing:

- o Intuition
- o Creativity
- o Compassion

Another goal of your training in Danzan Ryu Jujitsu is to align the physical, mental, and emotional self, this alignment represents a balance in your being and gives you access to your ultimate power.

For current rates contact the Siskiyou Family YMCA front desk

Siskiyou Family YMCA

350 N. Foothill Drive

Yreka, CA. 96097

PHONE: (530) 842-9622

www.siskiyou-ymca.org



Siskiyou Family YMCA

JUJITSU CLUB
350 FOOTHILL DRIVE
YREKA, CA. 96097
530-842-9622



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ABOUT TRAINING IN DANZAN RYU JUJITSU

Danzan-Ryu Jujitsu today is a system of self defense that can be practiced safely by men and women of all ages, including people with limited physical abilities.

Danzan-Ryu Jujitsu is **not** taught or practiced as a full contact fighting sport for competitions in a ring or cage.

Our Jujitsu training includes a wide variety of holds, escapes, throws, grappling, strikes, kicks, rolling and falling techniques, in short, every type of movement that is commonly used in self defense.

While our program does teach many martial techniques, the broader scope of our training focuses on methods of self preservation.

We strongly believe that the best fight is the one that never develops, however, we do train to be better prepared when physical confrontation is unavoidable.

Danzan-Ryu Jujitsu lends itself not only as a system of self defense, but was structured equally as a means to gaining a profound awareness of our self by understanding and integrating the principles of "Ju" into our being. Following the ancient traditions, the training requires development of self-control, respect, humility, cooperation, and a sincere concern for the welfare of others.

The Sensei's (instructors) involved in our program take great responsibility in teaching the martial arts ethically, in a safe and respectful environment.

We are also proud members of the American Judo & JuJitsu Federation (AJJF) A non-profit corporation founded in 1958 to preserve the Danzan-Ryu Jujitsu system.
For more info contact: www.ajjf.org

Brief historical overview of Jujitsu

The traditional techniques of Jujitsu were developed and employed by the Japanese Samurai as an unarmed method of overcoming adversaries. It is composed of techniques such as joint locking, throwing, sweeping, reaping, choking, and striking with all parts of the body. Later the various Japanese Jujitsu systems were elevated to include a systematic approach for bettering ones moral character. Jujitsu literally translates as techniques of gentleness, pliability, adaptability. The word "Ju" (gentleness) is used to describe the method in which the techniques are applied with regards to economy of motion and energy. Technical proficiency at the highest levels depend upon having excellent knowledge and command of balance, leverage, momentum and timing. Utilizing only the minimum effort needed to achieve maximum effectiveness. Force will rarely ever meet force directly.



Historical overview of Danzan-Ryu Jujitsu

Seishiro H. Okazaki, the founder of Danzan-Ryu was born in Fukushima Prefecture, Japan in 1890. Immigrating to the Island of Hawaii in 1906, he was soon diagnosed with a pulmonary condition which was believed to have been tuberculosis. It was during this time, however, that young Okazaki came under the wing of a Yoshin-Ryū Jujitsu sensei Yoshimatsu Tanaka in Hilo. Okazaki began to study intensely under Tanaka sensei, and ultimately found that the lung condition went into remission. Okazaki felt that the study of Jujitsu had a large role in his physical recovery and, as a result, he decided to dedicate his life to the study and teaching of Jujitsu. In 1924, Okazaki returned to Japan and underwent a study of the various Jujitsu styles. Upon his return to the Hawaiian Islands, he continued his study of martial arts under the various masters who had come to Hawaii from the world over. Incorporating, not only traditional Jujitsu but also the Hawaiian native martial art of Lua, also, Okinawan Karate, Filipino arts, Chinese Kung Fu and American wrestling, he began to "evolve" the best and most effective aspects of the several systems into an eclectic system which he called Danzan-Ryu. Okazaki used this name to honor his Chinese martial arts teacher, Wo Chong. The Chinese term for Hawaii is T'an Shan (or in Japanese, Dan Zan) which translates as sandalwood mountain, a reference to the Hawaiian Islands. Hence the term Danzan-Ryu means Hawaiian Style. Master Okazaki also declared inherent to Danzan-Ryu Jujitsu the Hawaiian concept of "Kokua". Kokua is a Hawaiian word, that translates as "extending love", sacrificial help to others for their benefit, not for personal gain..." (The Kokua concept is not taken lightly in our training today) Along with his Jujitsu studies Okazaki became a practitioner of the ancient Japanese healing arts of Seifukjutsu and massage therapy, he became well known and was highly sought out on the islands as a master healer. Sadly Master Okazaki passed away in 1951. Today Danzan Ryu Jujitsu continues to flourish world wide.