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CANADIAN JIUJITSU COUNCIL

Honour Respect Quality Cooperation Integrity

Stand Tall

When most people hear “Jiu-Jitsu,” they picture a tangled heap of bodies on a mat, arms flailing for a choke, legs scrambling for a guard. That image belongs to the Brazilian tradition—a brilliant, effective system, but only part of the story. The original Japanese arts that gave birth to Jiu-Jitsu—Aikido and classical Aiki Jujutsu—were designed to stay upright, to meet aggression with balance, timing, and a subtle redirection of force.

Enter Wally J’s “small-circle” approach. Instead of sweeping, dramatic motions, it asks us to work with tiny, efficient arcs that generate maximum leverage with the smallest possible movement. When you blend that mindset with the fluid, circular philosophy of Aikido, striking strategies from boxing and Karate, you get a stand-up system that feels like a dance, a conversation, and a practical self-defense toolkit all rolled into one.



The Core Idea: Small Movements cause a Big Impact

The secret is simple: move as little as possible, but move in the right way. Imagine a guitarist who chooses the perfect chord progression before launching into a solo. The foundation sets the vibe; the improvisation follows. In the same vein, a Jiu-Jitsu practitioner keeps elbows tucked, shoulders relaxed, and footwork light. Every step has a purpose—either to close distance, create an angle, or set up the next technique.

Instead of pushing straight ahead, you rotate your hips and shoulders, creating torque much like turning a screwdriver rather than hammering a nail. This circular pressure lets you redirect an opponent’s energy, just as Aikido’s irimi (entering) and tenkan (turning) use subtle pivots to turn aggression against itself. And because each movement flows directly into the next, there’s no dead time—wrist throw becomes hip throw, which slides into a shoulder lock. The whole sequence feels like a single, continuous wave, a small wave that hits like a Tsunami.

Breathing and Balance

While you execute techniques, keep a breath anchor. Inhale as you close the distance, establishing presence; exhale as you apply the strike or throw, releasing tension. This rhythmic breathing does two things. First, it regulates the autonomic nervous system, keeping both you and your partner calmer and more attuned to subtle shifts in balance. Second, it emphasizes the dynamic process: **awareness** → **intention** → **action**, as you guide an opponent's energy from aggression to equilibrium.



Practicing the Flow

Begin with a light warm-up: move around a three-meter radius, visualizing a perfect circle in the floor beneath your feet. Then, with a partner, rotate through three or four techniques, spending about thirty seconds on each, focusing on smooth transitions and eliminating any unnecessary motion. Finish with a cool-down—sit, breathe, and reflect. Ask yourself which motions felt most natural and where you added

extra movement, much like sanding down excess wood on a project until the shape is just right. Then try the exercise again with fewer unnecessary movements.

Bringing It All Together

Constant reworking and practice creates muscle memory, comfort, relaxation, and efficiency of motion. When we practice the “Flow”, blending one technique with another becomes natural and requires minimal thought. This becomes an essential skill need for the dynamic environment of personal self-defence.

Canadian Jiu Jitsu Council Directors



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