



Striking Techniques in Canadian Jiu Jitsu:

A Path to Technical Excellence

Striking techniques form a crucial pillar within Canadian Jiu Jitsu (CJC), blending principles from multiple martial arts to create a well-rounded self-defence system. The Canadian Jiu Jitsu Council (CJC) upholds the value of technical precision, ethical application, and historical awareness in striking practice. We will look at the development of striking techniques, exploring how they evolve for novice practitioners, advanced students, and Black Belt instructors. Alongside technical insights, we examine the training methodologies, ethical considerations, and historical influences that shape the striking system within CJC.

For beginners, the focus is on building a strong foundation. At this stage, practitioners learn to develop coordination, accuracy, and control before adding speed and power. Striking techniques such as straight punches, palm strikes, and elbow strikes introduce fundamental hand movements, while front and side kicks lay the groundwork for lower-body engagement. Early training emphasizes correct form and mechanics, ensuring that each strike is executed efficiently without unnecessary tension. Shadow sparring serves as an excellent introductory drill, allowing students to refine movements in the air before applying them to targets. Drills with focus mitts and heavy bags enhance precision and impact, while controlled partner exercises help develop distance awareness and timing.

As students advance, striking techniques become more intricate. They begin to explore combination striking, linking movements fluidly to create a seamless offensive and defensive repertoire. Feints and setups add an element of deception, forcing opponents to react unpredictably. At this level, low kicks, knee strikes, and spinning techniques introduce greater complexity and demand a higher degree of coordination and balance. Training becomes more dynamic, incorporating responsive pad work, counter-strike drills, and rhythm exercises that refine the ability to transition smoothly between movements. Pressure testing through controlled sparring allows advanced students to apply techniques in realistic scenarios, reinforcing adaptability under stress.

For Black Belt instructors, striking transcends mere execution and enters the realm of mastery. Instructors must refine their biomechanics, ensuring that every movement maximizes energy efficiency and effectiveness. They develop the ability to adapt striking techniques to various self-



defence situations, recognizing how different scenarios call for different responses. Beyond personal skill, instructors focus on the method and practice of teaching, and refining their teaching methodologies to accommodate diverse learning styles and physical abilities. They engage in scenario-based training, personalizing instruction to help students internalize striking principles in practical contexts. Additionally, instructors cultivate a deep awareness of the philosophical dimensions of striking—teaching that discipline, respect, and control are as essential as technical prowess.



With great skill comes great responsibility, and striking in CJC carries profound ethical and moral implications. Practitioners are taught that striking is a tool of self-defence, not aggression. They must exercise restraint, applying techniques with control and precision to avoid unnecessary harm. Legal awareness is a fundamental component of training, ensuring that students understand the lawful application of force in self-defence situations. Respect for training partners is paramount, reinforcing an atmosphere of mutual growth rather than ruthless competition. These ethical principles serve as guiding lights, shaping not only how striking is applied but also how martial artists conduct themselves beyond the dojo.

The striking techniques of Canadian Jiu Jitsu draw upon a rich history of martial influences. Kung Fu, as taught by Paul Chan, contributes fluid hand techniques and evasive movements. Masami Tsuruoka's Karate legacy imparts discipline in linear striking. Park Jong Soo's Tae Kwon Do adds explosive kicking mechanics, while Frank Hatashita's Judo influences the integration of strikes within close-quarters exchanges. Tai Chi, under Walter Mark, reinforces breath control and balance, while Takeshi Kimeda's Aikido emphasizes redirection and the blending of force in defensive striking. Together, these traditions and more form the diverse technical and philosophical backbone of the CJC's striking system.

The pursuit of excellence in striking is not merely about learning techniques but about embracing the values that define Canadian Jiu Jitsu. Whether a novice, an advanced practitioner, or an instructor, every student plays a role in preserving the integrity and effectiveness of the art. Striking, when practiced with technical precision, ethical responsibility, and historical awareness, becomes more than a means of self-defence—it becomes a discipline that cultivates mastery, resilience, and respect. The Canadian Jiu Jitsu Council remains committed to upholding these values, ensuring that striking continues to evolve while staying true to its foundational principles.

Canadian Jiu Jitsu Council Directors

