



CANADIAN JIUJITSU COUNCIL

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The Canadian Jiu-Jitsu Technical Manual Looking Deeper

In our manual, The Canadian Jiu-Jitsu Technical Manual, Shihan Forrester describes the difference between some common Body Throwing Techniques (pg 105-106) and differentiates between Non-Weight Bearing Throws and Weight Bearing (fulcrum) Throws.



Lets look a bit deeper into the Weight Bearing Throws. In the manual, Shihan describes and gives examples (pg 116-118) of four basic and very important throws. The Hip Throw (Koshi Nage), Hip Obstruction Throw (Tai Otoshi), Sweeping Hip Throw (Harai Goshi), and the Shoulder Throw (Ippon Seoi Nage).

Please remember, the manual is an introduction to training ideas, with a limited number of application examples in each training category. As each student develops it is important to look deeper into each category that Shihan has highlighted in his manual. A Black Belt candidate must demonstrate investigations beyond the basics described in the Canadian Jiu-Jitsu Manual.



Looking deeper may mean you investigate load bearing throws in Judo, Hapkido, Aiki JuJutsu, Tai Chi, Kung Fu, or some other style.



Lets pick one of the Weight Bearing Throws as an example and see how we might look more deeply into that type of throw. Perhaps for now we can look at a few variations of sweeping hip/leg throws.

We can take terminology from many styles to describe the sweeping leg techniques but for now lets use Judo terminology, since it is easily referenced on the internet and in many books.

Shihan demonstrates Harai Goshi as the sweeping hip technique and we could build on that initial technique by add the sweeping to the ankle (Hane Goshi) , or up through the middle to the inner thigh (Uchi Mata).



**Sweeping hip throw
(Harai Goshi)**



**Hane Goshi
(Spring Hip)**



**Uchi Mata
(Inner Thigh Throw)**

These are just a few examples of sweeping hip throw that we can investigate for a deeper dive into understanding.

There are many other examples as well, including O Guruma (Major Wheel).

All of this is to say that Shihan created a technical manual that had strong foundations and insights, while at the same time encouraging us all to continue our practice and look deeper. The manual is not a static or rigid description of Canadian Jiu-Jitsu but a snapshot of representative techniques and concepts to fuel deeper investigation.

As an example, a formal shoulder throw could be taught one way, but applied in many different ways .



As you continue your Jiu-Jitsu journey please consider that the Art is ever changing and adapting, it is based on fundamental principles and concepts but the application of those concepts continues to morph and change for an everchanging world. Our art is dynamic and flexible, we move with the times and the contemporary needs while honouring our history.

Canadian Jiu Jitsu Council Directors



Shihan R. W. Forrester (d. 2013)

