

Ten Principles of Jujitsu

1. **BALANCE:** Balance is the most important principle in any sport as well as the martial arts. By keeping your own balance, while breaking your opponent's balance, you will have use of your maximum power while your opponent uses part of his energy trying to regain his balance. The more off balance he is the more strength he will need to recover.
2. **MOBILITY AND STABILITY:** Your center of gravity plays an important part in the principle of mobility and stability. Lower your center of gravity and you will achieve stability; raise your center of gravity and you will gain mobility. The hub of your action is at your midsection. When your center of gravity rises, you will lessen your stability and increase your mobility, and vice versa. For mobility, move on the balls of your feet, and when pivoting, your knees should be either above or beyond your toes, and not directly over your heels. For stability, lower your body slightly. Stability is essential in punching or throwing.
3. **AVOID HEAD ON COLLISION OF FORCES:** To avoid the full power of your opponent's attack, avoid the head on collision of force by evading, deflecting, blending, or redirecting. Unlike other systems of martial arts training where you pivot in toward the opponent, this principle is just the opposite. As in all small-circle moves, always pivot away from the opponent when blending, redirecting or evading. Try to evade the opponent's striking force by stepping back. Move 45 to 90 degrees to the left or right, or laterally left or right.
4. **MENTAL RESISTANCE AND DISTRACTION:** Everyone has the ability to mentally resist pain. Do not use physical resistance, but remain calm and relaxed as you give your total concentration. If you are able to go into deep concentration you will be surprised to find that you will feel no pain. Distraction of the opponent's concentration is important when executing a counterattack. During the application of a technique when resistance is met, distract your opponent by attacking the weak areas of the body. This leaves him with less power and a split second loss of concentration. An unexpected shout or grunt may also allow you sufficient time to escape or counter.
5. **FOCUS ON THE SMALLEST POINT POSSIBLE:** Try to pinpoint pain on the smallest base possible. Transmission of energy to a wide base means that the energy is distributed over a larger area and less energy is directed to the point where the pain should be felt. Be accurate with the direction of force.
6. **ENERGY TRANSFER:** An example of energy transfer is the application of the reverse arm bar, using your knuckles against your opponent's tricep tendon. First, use a heavy palm by pressing your palm heavily against the opponent's forearm above the elbow, driving your knuckles directly into the tendon of the tricep. This energy transfer breaks your opponent's resistance more effectively than if you were to apply force to the area of focus immediately. His weak resistance is caused by applying the heavy palm below the elbow and then transferring the energy above the elbow. Energy transfer is effective if the distance of transfer is short.
7. **CREATE A BASE:** Whenever there is a lot of play in the hold you are executing, create a base to stop the extra play of the fingers, wrist, or any locks on the limbs. You can create a base by using any surface to restrict the amount of movement the opponent may have, using your thighs, body, head, wall, floor, etc.

8. **STICKING, CONTROL AND SENSITIVITY:** Sticking with your opponent during the application of a hold or a series of holds is vital. To counter any resistance or escape attempt, you must keep in constant contact with your opponent during the flow from one technique to another. This requires sensitivity. To develop sensitivity, you must learn not to “muscle” the application of the hold. You must relax to feel the slightest movement by the opponent, sensing its direction and quality.
9. **ROTATIONAL MOMENTUM:** It is a method of creating strong off-balancing moves as a preliminary to throwing the opponent. By holding the opponent with both hands, you circle both hands in the same direction. One hand pulls while the other pushes. As the opponent leans to oppose your influence, you circle back, adding your force to his own body momentum to shift him off balance.
10. **TRANSITIONAL FLOW:** The purpose of learning the art of transitional flow is to enable you to counterattack any intentions of your adversary by fluidly moving from one technique to another. Before you can do this however, you must be able to apply each individual technique proficiently. You must be able to focus efficiently, stick to your opponent, and distract your opponent’s concentration effectively. The transitional changes enables you to constantly flow from one technique to another and still maintain total control.

The principles of transitional flow are as follows:

- Exert continual pain during transitions. This will not only deter retaliation, but by increasing the pain as needed, discourage any escape attempt which must be anticipated since your opponent is bound to sense that the transition is his best opportunity to escape.
- Create maximum pain without dislocating the joint. This will show the attacker that you can injure him if necessary just by adding a little more pressure. This will cause him to fear you.
- Mobility is needed during transitions rather than stability.