

**PETER MORTON ACADEMY OF  
JUDO JUJITSU KARATE**

***Self Defence***



Peter Morton Academy of Judo Jujitsu Karate Incorporated

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Adult classes

Children's classes

Women's self defence courses

Personalised courses

Traditional courses through to Black Belt

Semi-formal environment

Non-competitive

Individual progression

Accredited Dan Belt instructors

Not for profit incorporated organisation

Founded 1962

Branches throughout Australia



## Information



The art taught by the Peter Morton Academy of Judo Jujitsu Karate has three basic influences: Kodokan Judo, Jujitsu and Kempo Karate. It is designed primarily as a self defence art.

The Academy teaches its students the art of restraint and this principle is reinforced during every lesson. This serves as a reminder to both student and teacher that skills gained through the Academy are not to be taken lightly and that they are to be used responsibly. With knowledge comes responsibility.

People of all ages can participate and gain from the Peter Morton Academy of Judo Jujitsu Karate style of self defence. It is a practical, non-competitive self defence and a discipline that emphasises mental, physical and emotional development.

**F**ind a new level of fitness, flexibility, coordination and endurance through training.

**R**elease and control negative emotions such as fear, anger and anxiety with regular practice.

**O**pen yourself to development as an individual by learning a practical self defence style.

**G**ain self-control, confidence and mental concentration through study of the Academy martial art.

### *Classes*

To help relax a new student that may feel uncomfortable and uncoordinated, classes are conducted in a semi-formal environment. By the end of participation in a first class most find that they can not wait to train again.

### *Branches, lessons and fees*

The Academy's web site lists branches and class times.

So that a person can experience the Academy martial art, all branches offer at least one free try-out first lesson.

Lesson fees are charged separately and vary from branch to branch depending on that branch's running costs and needs.

An individual annual membership fee is payable to the Academy. This fee includes the provision of the Academy martial art and associated services. It does not include personal injury insurance.

### *Remember*

Self defence involves physical contact which can sometimes result in injury. All reasonable care is taken by Academy instructors but, as with any type of martial art training or contact sport, there is always a risk of injury.

With acceptance of a membership, a member of any standing agrees to support the constitution of the Academy and any legal rule or policy made under the authority of the Academy.

A member of any standing proven to have violated any Academy rule, policy or any part of the Academy constitution through unacceptable action or behaviour is subject to disciplinary measures.

### *More information*

Before a decision to become a member is made, log on to the Academy's web site or email the Academy or go along to any branch, join in a class and take advantage of a free try-out.

[www.petermortonjujitsu.org.au](http://www.petermortonjujitsu.org.au)

[info@petermortonjujitsu.org.au](mailto:info@petermortonjujitsu.org.au)



Toenails and fingernails **must not** be long, they are to be kept short and clean.

Training is done barefoot and footwear **must not** be worn on the training mat.

Sensible dress is required. Skimpy or flimsy clothing **must not** be worn for training.

Eating, consumption of alcohol, smoking or chewing gum **are not** permitted on the training mat or in the training area.

### ***Instructors***

All Dan Belt (black belt) instructors have coaching accreditation, first aid certification, sports trainer education and donate their time freely.

Instructors are called *Sensei* (teacher). 4th Dan Belts and higher ranks have other titles but it is acceptable to call them *Sensei* in a class situation.

### ***Belts and gradings***

Belt colour signifies a member's rank or grade within the Academy. To go from one traditional belt colour to the next a student must pass a grading where they are tested on their abilities.

There is absolutely no pressure or competition for belt levels or to advance to a higher level, instead students are encouraged to train at their own pace. A student is only nominated to grade to a higher level by an instructor when that student and their instructor feel that the student is ready to progress to a higher level of training.

As a means of encouragement, some branches award merit badges to junior students for breakfalls, punching, kicking, Basic Steps Kata and jujitsu techniques.

At the beginning of a class all students and instructors take up a position in order of grade and rank around the edge of the training mat (tatami). Students kneel and, on command, bow to the Chief Instructor. Students then bow to all on the mat. This is a traditional act of respect. There is no religious connotation to this tradition.

Warm up exercises are conducted at the beginning of a class and generally involve stretching and strengthening. The aim is to increase flexibility, fitness and strength. Proper warm up exercises help to reduce the chance of injury and fatigue.

New students are advised not to overdo the exercises on a first training night.

After warm up exercises, strikes (tsuki), kicks (keri), falling safely (ukemi) and defence training are done.

### ***Junior or senior student?***

The Academy teaches self defence skills to junior and senior students. Usually a junior is a student up to 15 years of age but this depends on physical ability and maturity.

To determine whether a person should train as a junior or a senior student, they can go along to one of the training nights at whichever branch is most convenient and talk to the branch Chief Instructor.

### ***Training***

Students learn a series of strategies for use against different types of physical and verbal threats, with an emphasis on defence. These defensive strategies use an attacker's strength to a defender's advantage through use of confidence, leverage, balance and momentum. The initial aim is to evade, then, when necessary and with the use of minimal force, to disable and finally immobilise an attacker.

A student is encouraged to practice self defence techniques in their spare time by shadow sparring, thereby learning to react to a threat instinctively without a second thought.

Class training features an assorted mix of:

strikes	grappling
blocks	choking
throwing skills	strangulation
evasive manoeuvres	joint immobilisation
pressure points	dislocation locks

**Breakfall** (ukemi) is the art of falling safely. This is a series of techniques that, when performed correctly, cushion a fall to the ground. A student is taught front, side and back breakfalls and shoulder rolls.

**Judo** is the throwing art where a student is taught how to take a person off balance, throw and sweep. There are several *take-to-the-ground* techniques that are practised regularly.

**Jujitsu** incorporates methods from Japanese striking techniques (atemi) and joint locks. These are taught as restraint and defensive techniques.

**Karate** involves punches, strikes and kicks. A student is taught how to block punches and kicks and how to use their limbs as defensive tools.

**Ground work** is wrestling and hold-downs with other students resulting in a submission. It is taught mainly as an exercise.

**Boxing** is taught only at a senior level. A student is taught basic movements and how to defend against a boxer.

**Self defence** is where a student, as a defender, uses their knowledge of self defence when attacked by two people. Attacks are limited to the level of a student's training. It is non-competitive, syllabus-based attack and defence only.

**Basic Steps Kata** is a pre-arranged set of moves in which each move aims to block, strike and position a body to defend against an attack. Performed by an individual, or as a group, it is a training method used for the practise of techniques.

### ***Alternative education in martial arts (AEiM)***

A person may wish to participate in a martial art but that person may be deterred by the overt physical nature, dynamics and pressure to perform to a level that is insurmountable to them.

Rather than achieving a martial art goal through a traditional training and grading system, the Academy offers an alternative method of training.

The AEiM method is suitable for a person unable to participate in a traditional system of martial art in a traditional way, due to ability, age, mobility or injury concerns. Individually designed to suit a person, it offers an opportunity for participation in a martial art that may otherwise not be achievable.

Under the AEiM method a modified, low impact traditional technique may be learnt and practised in safety.

Except for any part of the Black Belt Syllabus, a participant may choose as an achievable goal, any area of the Academy martial art syllabus.

### ***What to wear***

The traditional training clothing worn on all occasions is called a *Judogi* (martial arts uniform).

As bare skin is open to injury and until a person has settled in and has decided to join the Academy, it is a requirement that they wear durable comfortable clothing such as tracksuit pants and a strong shirt.

Once a person has made a decision to continue training it is a requirement that they wear a judogi.

### ***What not to wear***

Earrings, rings, chains, watches and other jewellery **must not** be worn on the training mat and they must be removed or taped up securely before participation in a class.