

THE KOBUKAI DOJO

The Kobukai Dojo was founded in 1993 by Sensei Russ St. Hilaire. After twenty-five years of studying the methods of Jujitsu, Sensei St. Hilaire put together the best self defense techniques he had learned from various forms of JuJitsu and Aikijutsu. The Kobukai dojo has several Blackbelt senior instructors who will guide you through your martial arts journey.

The primary focus of the Kobukai Dojo is teaching Self Defense. The Kobukai Dojo teaches its students to avoid physical confrontation at all costs, but when unable to escape to utilize all their Jujitsu knowledge to protect themselves and others.

Kobukai Jujitsu is a synthesis of Jujutsu and Aikijutsu techniques which have been integrated into a comprehensive self defense system, taught in a traditional Japanese atmosphere, but using modern combat-oriented training methodologies.

The catalog of techniques include Atemi (striking), Hazushi (escapes), Nage Waza (throwing techniques), Ne Waza (ground defense and offense techniques), Goshin Waza (self defense techniques), Aikijutsu (self defense using aiki principles), and Weapon defense (against pistol, club and knife attacks).

Although many of our students enjoy the participating in competitions which utilize the sport versions of Jujitsu and Judo, our dojo focuses only on actual self-defense.

If you have any questions about our dojo, please feel free to reach out to any Blackbelt who will be glad to help you.

KOBUKAI JUJITSU DOJO

SELF DEFENSE PROGRAM

The Kobukai Jujitsu program is unique. It combines the best self defense techniques of several styles of traditional Japanese Jujitsu into a comprehensive modern self defense program. Your program will include:

Soft Skills

- ❖ Japanese courtesies and etiquette
- ❖ Basic Japanese Martial Arts history and language
- ❖ Training in self discipline
- ❖ Development of physical fitness
- ❖ Development of personal courage
- ❖ Development of truthfulness and politeness
- ❖ Heightened awareness
- ❖ Personal Safety
- ❖ Recognizing and avoiding trouble
- ❖ Development of Confidence and Leadership skills

Hard Skills

- ❖ Escape from grabs
- ❖ Blocking and Avoiding strikes
- ❖ Use of punches, knees, elbows and other forms of striking
- ❖ Throws and Takedowns
- ❖ Chokes
- ❖ Restraint and Control
- ❖ Armbars, Wrist Locks, Legbars, Foot locks
- ❖ Defense and Offense on the ground
- ❖ Using sport grappling as a training tool
- ❖ Defense against common weapons
- ❖ Defenses against kidnap, battery, hostage situations, sexual assault, bullying
- ❖ Use of weapons at higher ranks

KOBUKAI JUJITSU
HOW TO ACT IN CLASS

- ❖ Bow to Kamiza (kah-mee-zah) before you step onto the Mat
- ❖ Line up appropriately and silently when Blackbelt Instructor claps his hands at beginning of class.
- ❖ Sensei will turn and bow to Kamiza and say “Kyotsuki, Kamiza Ni Rei” (Kee-oat-ski, Kah-mee-za Nee Ray), and all will bow to the Kamiza
- ❖ Sensei will turn to class and Sempai will say “Sensei Ni Rei” (Sen-say Nee Ray), and all will bow to the Sensei
- ❖ Sempai will nod his head and the senior non-blackbelt student will say “Sempai Ni Rei” (Sem-pie Nee Ray), and all (except Sensei) will bow to the Sempai.
- ❖ This process is reversed at the closing of class
- ❖ Students will take a bow to their partner before and after working with them as a sign of trust and respect
- ❖ Students will begin to workout only when the instructor has commanded “Hajime” (Ha-jimay)
- ❖ Students will stop working out when the instructor has commanded “Yame” (Ya-May)
- ❖ There will be no foul language in the Dojo
- ❖ We respect all nationalities, faiths, creeds, colors, cultures in our dojo. No discriminatory remarks or actions will be tolerated
- ❖ Although we do not discriminate in any way, all dojo courtesies and etiquettes are required to be observed by all students. If observing them is an issue, please see the Instructor

KOBUKAI JUJITSU
DOJO RULES

- ❖ Bow when entering the Dojo and say “Good Evening Sir! Good Evening Ma’am!”
- ❖ Bow when leaving the Dojo and say “Arrigato Gozaimashita” (ah-ree-gah-toe go-zie-ee-mah-shta)
- ❖ All students will wear appropriate uniform – Black Gi (Adults) or White Gi (Kids) as supplied by Dojo; Kobukai Jujitsu Patch; Appropriate Rank belt tied correctly, Athletic Cup for Male students; T-Shirts under Gi top for Female students; Long Hair tied in a ponytail.
- ❖ Do not wash your belt
- ❖ No gum or candy in class. No jewelry in class. Nails cut short
- ❖ Uniformed clean and washed
- ❖ No other patches on Gi
- ❖ No ripped uniforms. No mixed uniforms
- ❖ No cough drops in class
- ❖ No food or beverage on Mats
- ❖ No shoes beyond Welcome Area
- ❖ If you will miss more than one class in a row, please call the dojo to let us know
- ❖ Do not arrive to class late. Arrive 10 minutes before class starts
- ❖ No visibly ill students will be on the Mat
- ❖ Nobody suspected of intoxication will be allowed in the Dojo
- ❖ All guests who will train on mat must sign waiver and information card
- ❖ Blackbelt Master referred to as Shihan by Students
- ❖ Blackbelt Master referred to as Master by Non-Students
- ❖ Blackbelt Full Instructors referred to as Sensei
- ❖ Blackbelt Full Instructors referred to as Sir or Ma’am by Non-Students
- ❖ Blackbelt Assistant Instructors referred to as Sempai
- ❖ Blackbelt Assistant Instructors referred to as Sir or Ma’am by Non-Students
- ❖ All Non-Blackbelt Adult Students and Guests referred to as Mr. or Ms.
- ❖ Fighting is not allowed inside or outside the Dojo
- ❖ All training is to be conducted inside dojo under Blackbelt instructor
- ❖ No training allowed outside of class
- ❖ No training is allowed at other Dojos while a student at Kobukai Jujitsu Dojo
- ❖ No leaving the Mat without informing your instructor
- ❖ All injuries are to be reported to a Blackbelt instructor immediately

KOBUKAI JU-JITSU

MUDANSHA RANKING



WHITE BELT: Novice Ju-Jitsu practitioner. Learning basic techniques. Must be able to demonstrate the core Beginner techniques in order to move to Yellow Belt. Expect to be a white belt for 6-9 months.

YELLOW BELT: Beginner. Has a good base knowledge of beginner techniques. Exhibits a basic toughness and necessary aggressiveness, tempered with safety. Starts to show understanding of strategy. Must be able to demonstrate most beginner techniques as well as show a proficiency in practical self defense application to move to Blue Belt. Expect to be a yellow belt for 6 – 9 months.

BLUE BELT: Intermediate. Knows all novice and beginner techniques. Uses these techniques in self-defense and ne-waza. Developing strategies. Setting up strings of techniques. Makes smooth transitions and understands principles. Knows some Jujitsu history. Must be able to demonstrate the novice and beginner techniques and execute most of this level's techniques in practical self defense application, and passes a formal examination to move to Brown Belt. Expect to be a blue belt for 12 – 18 months.

BROWN BELT: Advanced. Knows all novice, beginner and intermediate techniques. Has developed own strategies. Excellent at unrehearsed self-defense. Knows Jujitsu history. Can assist in teaching class. Understands safety issues. Demonstrates all lower rank techniques with precision and executes techniques in practical self defense application with experience and clean technique. Has developed personal maturity which is demonstrated in the dojo. Expect to be a brown belt for 12 – 18 months.

BLACK BELT: Sempai. Potential Assistant Instructor. Teaches by example in attitude, strategy and technique. Has passed formal Blackbelt examination in front of Joseki. Represents the school. Understands that the real learning is about to begin. Excellent at all aspects of unrehearsed self defense, ne waza, and weapon defenses. This first level of Blackbelt is referred to a Okuiri and is equivalent to the Shodan rank in the modern dan-ni ranking system.