

## Review

Wojciech J. Cynarski

Chair of Department of Humanistic Sciences,  
Faculty of Physical Education, University of Rzeszow (Poland)

### Review of the handbook (methodological guide) by Kazimierz Witkowski and Jaroslaw Wolny “Introduction to Ju jitsu” (*Podstawy ju jitsu*)<sup>81</sup>

#### Introduction

It is a good habit in the human, culture and society sciences (and not only these), that both the author introduces itself, and in the assessment of the work the reviewer begins with introduction of the author or authors. I'll begin in similar way, hoping that it will be helpful for subsequent conclusions.

Since 30 years, I actively practice Asian martial arts and combat sports. In Japanese *jūjutsu* (Idōkan Yōshin-ryū school), I have a degree of 8<sup>th</sup> Dan and the title of *Shihan* (master-professor), and also highest international licenses, that of the sporting coach and judge. I went through the roles of student, competitor, coach, sports activist, etc. I was learning original *jūjutsu* in international internships in Europe and Japan, practicing under the guidance of prominent experts. I have spoken about *jūjutsu* several times as an expert, a reviewer, and in a number of numerous scientific papers. I have also 6<sup>th</sup> Dan master's degree in *aikijutsu*, which will be mentioned later in this review.

Regarding the authors of the book – they are *jūjutsu* activists, members of the Polish Association of Ju-Jitsu (PZJJ). Doctor K. Witkowski is also known as an expert coach of judo (*jūdo*) and head of the Department of Martial Arts of the Wrocław's Academy of Physical Education. The second of the authors – M.A. J. Wolny – is a sport *jūjutsu* instructor. Of course, being a practitioner does not necessarily give one the required knowledge. And vice versa – someone from outside of the field can publish something original, valuable, having a fresh look from another perspective. So how our two little known authors coped in the environment of the original *jūjutsu*?

Their book is titled „Basics of ju jitsu” (*Podstawy ju jitsu*). The cover shows a few people during training session and ideograms „*jūjutsu*”. The Japanese themselves in the Latin transcription tend to write *jūjutsu*, but in the world of different transcripts, the expression „ju-jitsu” is acceptable. Is adopted title fitting the book?

#### Content analysis

The structure of the work and its contents do not raise objections. Let's move on to specific issues.

Since there is not a single *jūjutsu*, but a coexistence of different schools, styles and organizations, as well as an eclectic mish-mash called sport *jūjutsu* (in different spellings), it's wise to indicate what kind of jujutsu is meant. The authors of “Basics of ju jitsu” indicate a desire to interest the reader in a martial art of *jūjutsu*, that is, in the traditional meaning.

It could be advisable to introduce a theoretical perspective, which could be provided for example by the concept of humanistic theory of martial arts [2]. The authors do not indicate directly the adopted theoretical perspective, giving no definition of martial art, combat sport, self-defence etc. They focus on the technical approach and on the methodology of teaching

<sup>81</sup> Witkowski Kazimierz, Wolny Jarosław, *Podstawy ju-jitsu*, AWF, Wrocław 2010, 78 p.

jujutsu, to which chapter 3 is devoted. However, maybe they shouldn't avoid the purpose and sense of training in martial art and combat sport. Other authors that also wrote much about this include Czerwenka-Wenkstetten, Sato, Craig, Mol and others [1, 2, 4, 6, 9].

Valuable inclusion lies in Sino-Japanese ideograms (*kanji*) and the translation of basic concepts. The concept of *budō* is translated as „the road of military practice (martial arts)”, and the *bu* itself – etymologically as „stopping the spear,” or stopping aggression. *Uchi-deshi* (p. 12), is not necessarily an assistant of the master, but in general (in the tradition of martial arts) „internal pupil” – who lives and trains with the master.

Regarding *kyu* and *dan* levels – in *jūjutsu* the most often division is of 7 *kyū* levels, but the scale extends in various organizations from 5 to 10. 9<sup>th</sup> and 10<sup>th</sup> degrees correspond to the red belt in a number of federation. However, explanation given by the authors is sufficient.

Jigoro Kano is a man highly regarded in the sport, Olympism, education, etc. But controversial from the perspective of the martial arts, as demonstrated by Shortt and Hashimoto [8]. The authors list the forms (*kata*) from Kōdōkan Judo. These are the forms grown in organizations that deal with eclectic (mish-mash) constructs similar (more or less) to *jūjutsu*. In the original schools of *jūjutsu* schools there are many other forms practiced (for example: Jūni-no kata, Seishin-no kata, Tai-no kata, Yōri-no kata). This situation is due to poor knowledge of classical forms, even today in Japan.

Blocks and *atemi* presented in the book are more typical to karate and „modern jujitsu” than *jūjutsu*. It lacks many things: *boheki* deflections description, blocks: *kake-uke*, *tenagashi-uke*, *hiki-uke*; *metsubushi* and *fury-waza* strikes, etc., etc. However, you can assume that the basic technical elements are shown. In addition, there is a lot more *jūjutsu* forms of movement, *taisabaki*, tumbles and drops, than described by the authors.

Mixing techniques of judo, karate and *aikidō* of Ueshiba is specific to the eclectic varieties known as *jūjutsu*. All techniques have their original Japanese name, used by professionals, but not known in their „modern” varieties. Meanwhile, in a classic *aikijutsu* (Daitō-ryū and the Takeda-ryū schools) there is indeed a lot of throws and other techniques unknown in today's *aikido*, called and executed otherwise in these.

*Jūjutsu* is a martial art, which in its traditional form has an educational component with the various requirements of knowledge, ethics, physical culture, not just the technical program and technical and tactical skills. The book lacks information about eminent masters of the martial arts (except J. Kanō) and the varieties practiced in Poland. However, as a manual of basics, it has to be – as reported by the authors themselves – just an introduction to more in-depth studies.

In *Conclusion*, authors acknowledge that they are sport competitors and have the right to do so. Meanwhile, most experts *jūjutsu* of the highest rank (10<sup>th</sup> *dan*), like H. Czerwenka-Wenkstetten, S. Sato, L. Sieber, W. Strauss, firmly rejects the connection of *jūjutsu* to sport. They point out to forming of habits that in a real fight may be suicidal. On the other hand, even sports *jūjutsu* and mish-mash systems are, thanks to comprehensive formula, more suitable for self-defence, than sporting karate or judo.

Another advantage is in professional pictures illustrating the execution of techniques. In general the techniques presented in the book are done correctly.

### **On the bibliography of book**

As editor of the specialist Scientific Annual „Idō – Ruch dla Kultury/Movement for Culture” I like a citation of the series of volumes of this journal. Nevertheless, the record should include specific articles.

All the publications compiled in the Bibliography should be linked with references (footnotes) to the text of the book. It lacks reference to key positions in *jūjutsu*, like works of: Craig [1], Habersetzer [5], Czerwenka-Wenkstetten [4], Sato [9]. Literature is dominated by the Polish works, and the list contains almost exclusively books. Meanwhile, many valuable

works have been published as articles in scientific journals. Maybe it was a deliberate choice of Authors, to indicate the best literature the Polish reader has easily available.

Authors of books on the basics of *jūjutsu* usually write from the perspective of their knowledge, basing on their own system of teaching (style, school), like P. Nerć (7th Dan) [3, 7] and S. Sato (10th Dan) [9]. Others add historical approach [1, 4, 5, 8], or characterize classical *jūjutsu* [1, 6]. Here, in this book, we find the introduction of self-defence derived from *jūjutsu*.

And another little digression. Self-defence techniques should not be risky for the defender. *Aikidō* as an art of harmony of motion, is a convention. Judo teaches a duel by sporting rules. In addition, other objectives are realized in the sport, other for self-defence courses, and others in the way of martial arts.

## Conclusions

The authors have made a big work, preparing a methodical handbook (academic), which we lacked so far. Thus, observations and suggestions contained in the content of this review should only help in making certain amendments before the possible second printing.

You can not claim that the sport of judo supplemented with elements of *aikidō* and karate, is *jūjutsu*. But such „*jūjutsu-like*” creations are fairly commonly practiced in the West. Although this little book has little of an authentic *jūjutsu*, but this is only a prolegomena to advanced studies of a variety of sports, or the original version, or the modern self-defence, or as traditionally understood way of martial arts.

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The book then examines approaches to the study of proverbs and the place of proverbs in literature, politics, popular songs, and everyday life. It closes with a bibliography of print and electronic resources and a glossary. Included are numerous illustrations. Just about everyone has heard at least one proverb, and most people have heard more.Â One of the most varied and fascinating types of folklore, proverbs are studied at all levels and are of interest to a wide range of audiences. Written by the foremost authority on proverbs, this reference gives high school students, undergraduates, and general readers a concise yet comprehensive overview of proverbs in world culture. The volume begins with definitions and classifications of proverbs and a discussion of their origin and dissemination. Review of the handbook (methodological guide) by Kazimierz Witkowski and Jaroslaw Wolny â€œIntroduction to Ju jitsuâ€ (Podstawy ju jitsu) Wojciech J. Cynarski Scientific Review of Physical Culture 2011; 1(1):69-71 ICID: 958117. Abstract total views: 303 Full text total downloads: 558 Maximum downloads: 25 2016.05 Minimum downloads: 1 2016.12 Average monthly downloads: 5.94.