

Survival is an
everyday reality



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Welcome to the Louisville Niseido® Ju Jitsu Club. We are proud to be an affiliate member dojo (school/club) of the Niseido® Ju Jitsu Federation. The Louisville dojo was founded in 2007, by Sensei Jim Mahanes.

Along with Niseido® Ju Jitsu, Sensei Jim holds black belts in both Chito Ryu Karate and Wado Ryu Karate. He began his training in Niseido® Ju Jitsu in 2000 in Murfreesboro, TN. He received all but his first rank (Yellow Belt) directly from the Grandmaster and Founder of Niseido® Ju Jitsu, Professor Rick Riccardi.

Niseido® is a combative martial art, encompassing judo, joint manipulation, strangulations/chokes, grappling and modern/real world self defense applications. We learn to defend ourselves against a variety of armed and unarmed attacks. Our manta is: **“Survival is an every day reality.”**

We train hard. Classes can be both physically and mentally challenging (just like an attack on the street) so we prepare our minds and bodies in the dojo, so that we are prepared on the street.

That’s not to suggest we don’t have fun. Niseido® Ju Jitsu is about family. Your fellow classmates, instructors and students from around the country will welcome you with open arms. We’re glad you’ve considered our club for your journey. Feel free to ask questions during your visit (at appropriate times please), and most of all have an OPEN MIND. There’s no limit to the things you will learn about yourself through the study of Niseido® Ju Jitsu.

Again, welcome to the Louisville Niseido® Ju Jitsu Club. Please read through the following material fully and carefully. If you have any questions, feel free to ask. We’ll see you on the mats!

Sincerely,

Jim Mahanes
Chief Instructor
(502) 779-1111 Cell



Class Times and Attendance

Classes at the Louisville Ju Jitsu take place on Tuesday nights from 7 p.m. to 9 p.m. and Thursdays from 7 p.m. to 9 p.m.

While attendance is not mandatory, it should come as no surprise that you only get out of your training what you put into it. Before beginning, you will be asked to **watch a class or two** before being allowed to participate. We will then invite you participate in a class or two before being approached about membership.

This serves two purposes:

- 1) Watching ensures you are aware of the class schedule and can devote the time needed to study this martial art.
- 2) Watching and your trial participation will ensure you are fully aware, before you begin, of the rigors of our training regimen.

Monthly Fees, National Dues, Test Fees

The Louisville Niseido® Ju Jitsu Club is a not-for-profit venture. Local dues and fees are used for things such as rent and utilities for the club, group travel to other Niseido® dojos, and/or to pay the travel expenses of instructors who come to our school. National fees go directly to the Niseido® Ju Jitsu Federation. We believe in transparency. If you want to know where your money goes, just ask.

- Louisville Niseido® Ju Jitsu Club Dues:
\$40 per month (due on or before the first day of each month).
- National Niseido® Ju Jitsu Federation Dues:
\$35 per year (due each December, or at time of sign up).
- Test fees: \$20 regardless of rank (there are no test fees at Black Belt).

Uniforms and equipment

Niseido® Ju Jitsu is a traditional martial art. Uniforms, called a “gi” (pronounced GEE), are required.

Gis can be purchased through the club, or you may purchase them on your own. **ONLY STANDARD WHITE JUDO GIS ARE ALLOWED** and must be clean and well maintained. They must also be free from patches or large brand insignia.

As you progress in rank, weapons, such as escrima sticks, or practice knives, will be introduced. The club will have weapons for limited use, but you are encouraged to purchase your own set. These may also be purchased through the club, or on your own. (The club makes no markup or profit on any purchases).

Consult with the instructor before making any purchase on your own, to make sure the item conforms with the standards of Niseido® Ju Jitsu.

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Safety Issues Related to Niseido® Ju Jitsu

Niseido® Ju Jitsu is a combative martial art. The techniques are inherently dangerous and safety will be strictly enforced.

That said, bumps, bruises, and sore muscles are commonplace and to be expected. With due diligence and attention to detail, injuries are rare, but they do occur.

It is the student's responsibility to let the instructor, or his/her Uki (training partner) know of an existing injury or an injury that is not fully healed. It is also the student's responsibility to ask their Uki (training partner) if they have an injury or something you should be aware of before performing a technique - this safety stuff works both ways.

Bottom line, it is everyone's responsibility to be mindful of themselves and others when training.

Safety Gear & Protective Cups

Niseido® Ju Jitsu is a combative martial art. While safety is strictly enforced at all times, the techniques learned, demonstrated and practiced can cause injury.

Due diligence in protecting oneself is paramount. Therefore protective groin cups are mandatory for all male Niseido® Ju Jitsu practitioners and must be worn during all Niseido Ju Jitsu activities.

Male students who come to class without cups will not be allowed to participate in that class. Female groin and chest protectors are available and highly encouraged, but not required.

Additionally, in the upper ranks of Niseido® Ju Jitsu (purple belt and above) controlled, but full kumite (fighting) is practiced. When you reach Purple Belt, you will need to purchase a pair of grappling gloves and a mouth piece. Please see the instructor for specifications on these items.

The Niseido® Notebook

Every practitioner of Niseido® Ju Jitsu is required to document, on their own, the techniques he/she is learning. These will be kept in a three-ring notebook and reviewed from time to time by your instructor. You will be given instructions later on how to set your notebook up, but know up front that this is required. You will find, over time, your notebook will become a valuable resource.

The Next Step

Please fill out the information sheet/waiver form (front and back) on the last page of this packet and return it to the instructor.

This is required for participation in your first class but in NO WAY obligates you to joining our club or paying any fees. Only after you participate in a class will you be approached about membership.

(If no information sheet/waiver form is attached please see the instructor).

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How to be successful in Niseido® Ju Jitsu

There are no magic bullets, or shortcuts to being successful in any martial art, and Niseido® Ju Jitsu is no exception. There are, however, several traits that all successful Niseido® Ju Jitsu practitioners seem to possess, and those who are not successful seem to lack.

1) Have a “Beginner’s Mind” or “Empty your Cup”

Whether this is your first martial art, or you hold rank in multiple disciplines, it is important that you approach your study of Niseido® with a “Beginner’s”, or open mind. Some of the techniques may look familiar to you, but it’s likely there are slight variations in the way Niseido® Ju Jitsu requires them to be performed.

2) Be prepared to Give as well as Take

Judo/jujitsu are not individual activities, like karate, tae kwon do, etc. Our art requires two people. Every time you perform a technique (which is usually over and over), your partner is giving up his/her own training time to help you. Nobody succeeds in Niseido® Ju Jitsu by themselves, and the most successful people are those who are willing to give as well as take.

3) Learn to Sweat the Small Stuff

People who are not detail oriented are usually not successful in Niseido®. Training can be tedious at times. The slightest inch here or there can make the difference between a technique’s success or failure. And remember, success in the dojo likely will lead to success on the street. Failure in the dojo will no doubt lead to failure on the street (i.e. DEATH). In the words of the US Navy SEALs, “Attention to Detail.”

4) Come to class prepared!

Physically: Niseido® Ju Jitsu, and combat in general, is a cardiovascular-intense activity. Classes are designed to help build your cardio, but most people do some outside activity (running, biking, etc.) to offset their training. It’s hard to concentrate on learning if you’re so winded after warmups that you have to sit down.

Mentally: In a “real life” defensive situation, anything can happen...and often does. It’s important to be prepared for such. Niseido® Ju Jitsu classes and tests are designed to challenge not only your technical skill, but also your mental prowess.

Emotionally: The dojo is not the place to “release tension” or “work out your frustrations.” Not only is that how injuries occur, but it’s the easiest way to get kicked out of our school...simple as that. Come to learn ju jitsu, not do ju jitsu.



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The Empty Cup

Nan-in, a Japanese master during the Meiji era (1868-1912), was considered the most knowledgeable man of his time regarding Zen philosophy. People would travel hundreds of miles for many days and nights to hear him speak about Zen and enlightenment.

One day, a noted professor came to visit the Zen master. The professor had spent many years researching Zen and called upon Nan-in because he was told the old man was the foremost authority on the subject.

To welcome his guest and set the stage, Nan-in always served tea in the manner of the traditional Japanese ceremony. On this occasion, as Nan-in prepared to serve his guest, he began talking about Zen. As the master was speaking the professor kept interrupting with his own opinions and observations based on his years of research.

Each time this happened, Nan-in politely quieted and went about preparing the tea. When the professor stopped speaking, Nan-in would again start to talk about Zen, and again the professor would interrupt with his own opinions.

When it came time to serve his guest, Nan-in politely asked the professor to sit and he began pouring the tea. As he poured, the professor continued to speak. As the professor spoke, Nan-in continued to pour until his visitor's cup was overflowing on the table and eventually the floor beneath.

This did not go unnoticed by the professor who watched it overflow until he no longer could restrain himself. "It is overfull. No more will go in!" the professor shouted. "there is no room for more tea!"

The master respectfully looked at his guest and replied "Why are you hear? You can learn nothing from me because like this cup, your mind is so full of its own opinions, there is no room for anything new. In order to taste my tea, you must first empty your cup."

The student who comes to a teacher presumably wants to learn from the teacher. The teacher is willing to share his or her knowledge in return for the student being willing to listen, learn and come to understand what is being taught, even if it takes a long time or does not seem obvious at first.

The teacher should in no way be obliged to accept any student who does not show that he or she is willing to listen and learn, despite preconceptions or misconceptions. If the student chooses to not make this effort, that student is saying, "I choose to reject the idea of looking at things in a different way, and instead I demand that the teacher accommodate me on my terms." This is a student who cannot be taught.

Niseido® Ju Jitsu has many techniques that can be found in other arts or styles of ju jitsu. We may, however, have different ways of demonstrating, executing, or applying them. We do not think we are better, or more accomplished than other styles, it's just the way in which WE do things. We do not ask anyone to abandon or reject other ways outside the dojo, but we do ask that when in a Niseido® Ju Jitsu dojo, students conform to our ways.

Empty your cup and enjoy our tea. If it is not to your liking, there are other tea houses to visit.