

Michael DePasquale Jr's JU JIU TECHNIQUES FOR KARATE P

After you've learned from the Mantis, try the Wolverine!

You've just received your Shodan Ranking in your style of Karate. You feel fit, you feel confident, you feel self-reliant. You feel that you could take on the whole world, if you had to . . . and win. But now it's time for a sobering reality check: there's a lot more to learn. And I don't mean in Karate only. I'm talking about your entire Martial Arts Repertoire. A saddingly large number of Karate Black Belts have suffered defeat, humiliation and even injury on the streets of cities all over the land, because of a false sense of security coupled with incomplete knowledge of the true nature of real-life clashes. It is a known fact that 95% of all true physical confrontations end up in a down on the ground grappling situation, with the strongest (or more knowledgeable) combatant emerging victorious. This brings us to the focus of this month's discussion: **Grappling Techniques for Karate-kas**. With such techniques you will learn to close the gap (a concept made famous by the late Bruce Lee, who actually studied the movements of fencers and even developed specialized equipment to

perfect his closing the gap technique.), and more effectively break your opponent's rhythm by flowing with a confrontation like a leaf floating on a lake, and at the most propitious split-second applying an unexpected, devastatingly effective grappling technique. A case in point in the animal kingdom which attests to the effectiveness of such an approach is the **wolverine**, a thirty-to-sixty pound animal whose broken-rhythm fighting pattern, coupled with its speed, distancing and innate ferocity, enables it to kill a six-hundred pound bear. This would not be possible for such a small beast if its repertoire of combat strategies were in any way limited! The streets of our cities are not that much different from the wilds of Wisconsin where the Wolverine dwells. And we, who would protect ourselves and our loved ones are not that much different from that cute but deadly little creature, when faced with an assailant. As a **Karate-ka**, you already possess the speed, the flexibility, the muscle-tone, the endurance; all the tools you need to learn these simple yet effective techniques. And since Martial Arts training is, more than anything else, about reaching your fullest potential as a rounded practitioner and a human being, whatever your

specific style, it is in your best interest to keep an open mind regarding new combative ideologies, to synergize your Martial Arts expertise with other useful concepts (such as **Ju-Jitsu** techniques added to **Karate**), even if they are a bit unfamiliar. Sure, you should still punch and kick when faced with a self-defense situation. But also be prepared to move in close, if need be, where the **real** action is bound to take place. The techniques you are about to see can be learned quickly, easily, and more important...**completely**. Practice them exactly as they are layed out for you, despite any temptation you might feel to modify the movements early-on to suit your own idea of how a given move should be executed. Wait until you have learned the procedures completely, remembering that thorough **TRANSCRIPTION** must come before **TRANSLATION**. These techniques can really make a concrete difference when you find yourself face-to-face with a real life self-defense scenario: in other words, when it **counts!** 

For further information on the synergistic effectiveness of combining Ju Jitsu with your own Martial Art, look for the soon to be released book "Street-effective Judo and Ju-Jitsu" by Michael DePasquale, Jr. and Mike Swain. To reserve your copy call, (201) 666-7100. Also look at pages 26-27 for DePasquale Ju Jitsu tapes.



1a. Your opponent (left) sets up for his attack



1b. Opponent leads with front kick



1c. He then attempts a spinning jump kick



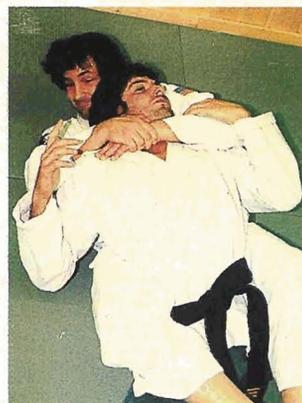
1d. As opponent lowers kicking leg, you lunge in with a ridge-hand and a trapping technique.



1e. You then circle behind him, applying a left arm strangulation technique.



1f. And then drop to the ground, maintaining the hold.



1g. Then you secure opponent with legs as well as arms

SU GRAPPLING ACTITIONERS



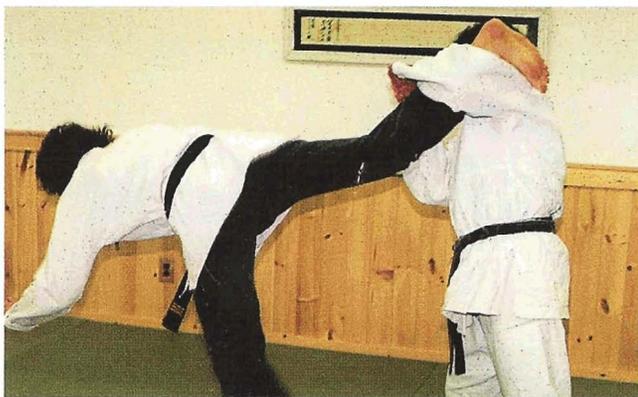
2a. You and your opponent square off



2b. As he attempts a reverse punch, you perform a mid-level block.



2c. Opponent then attempts a right round-housekick, which you block and trap with your forearms, and...



2d. . . Continue twisting to your right while maintaining your hold on the attacking leg.



2e. You then immobilize the opponent by placing your right knee in the middle of your opponent's back while wedging your left thigh under his trapped and raised attacking leg



2f. At this point, you increase the pressure on your hold, putting your opponent in excruciating pain in the regions of the right hip and lower back

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MORE OF LESS??
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