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San-Jitsu's Deadly Rolling Techniques

By Grandmaster Frank E. Sanchez

From the very beginning of martial art training, instructors teach concepts designed to protect practitioners from injury. In the striking arts, it is blocking, in the grappling arts, falling. One form of training that is included in both the striking and grappling styles is the art of rolling. In the striking arts, it is used as both a manner of escape and for preventing injury. In the grappling arts, it is a way to practice your basic falls. San-Jitsu encompasses both of these rolling methods. It is used as a ruthless way of breaking the limbs and as a way to cause serious injury or even death. The practitioner of San-Jitsu has the option of ending a fight abruptly in the normal fashion of the art or by using the art to really ensure that the opponent is unable to continue.

As a caution, you should not practice any of these movements without a qualified instructor present.

ON A DEADLY ROLL





ROLLING SNAKE STRIKE

In this maneuver, the San-Jitsuist drops under the opponent's punch then stuns him with an upward forearm strike to his testicles. Reaching quickly around his lower leg from the outside, he rolls over to kick the adversary in the face with his heel while locking the leg for a takedown. The opponent finally ends up with his leg caught in a painful San-Jitsu knee break that ends the confrontation.

Practicing the Perfect Roll for the Perfect Break

The perfect roll begins with good momentum so that there is no undo pressure on the rolling shoulder. For those having problems with rolling, purchase a large gymnasium ball (the type used for physical therapy) and practice rolling with it. Aside from giving your schoolmates a few laughs, it really does teach the mechanics of rolling smoothly "like a ball." In order to do these techniques effectively, you must be able to throw your weight into the roll without doing harm to yourself. If you are halfway proficient in rolling, as most grappling artists are, then this should not be a big problem. Once you have mastered rolling, learning to "lock in" an opponent's joint com-

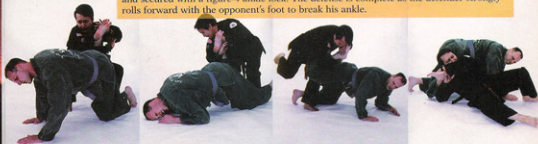
pletes the technique. This must be done in a manner that guarantees no escape.

The Key: "Locking in" at the Proper Angle

The proper or correct rolling angle creates tension throughout the movement and on the adversary's joint. Once rolling has begun and your body weight is thrust forward, there is no turning back. The only way to abandon the technique is to free your hands from the opponent's joint. This has to be accomplished early so that the hands are not "bound" by the movement. When practicing, clear your hands of the opponent's body before rolling. If you don't, you will be paying for your friend's doctor bills! With that caveat, let's take a look at some of the techniques.

ROLLING ANKLE BREAK

As the opponent begins to execute a "haymaker," the San-Jitsuist drops and secures the opponent's shin with his left hand and strikes the back of his adversary's knee with his elbow, moving the balance of the opponent forward. The opponent's foot is then lifted up and secured with a figure-4 ankle lock. The defense is complete as the defender strongly rolls forward with the opponent's foot to break his ankle.





San-Jitsu's Deadly Rolling Techniques



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CAROUSEL NECK ROLL

The opponent grabs the San-Jitsuist by the sleeves in an attempt to throw him. The San-Jitsuist counters by grabbing the sleeves of the adversary and delivering a scoop-kick to his testicles while pulling him forward. Once on his knees, he is dealt a forearm strike to the back of the neck to weaken it and set him up for the "coupe de grace." The San-Jitsuist quickly grabs the chin of the adversary while maintaining downward pressure on his neck and with a quick forward roll in the air, breaks the opponent's neck.

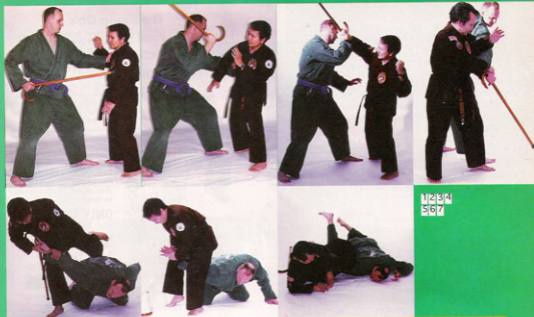


SPINNING CALF THROW WITH NECK ROLL

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The San-Jitsuist initiates the action by grabbing the opponent's sleeve and delivering a little knuckle punch to the pressure point below the opponent's ear. He grabs the opponent's collar with his striking hand and begins to spin 180-degrees, sweeping the opponent's leg out from under him. Once on the ground, the adversary's head and chin are secured with the hands and the San-Jitsuist performs a sharp roll to injure the neck of the opponent.





ROLLING ELBOW BREAK WITH LEGS

As the opponent strikes at the San-Jitsuist's face, the opponent's wrist is secured with a cross grab and the arm is pulled straight while a powerful forearm strike is delivered to the back of the elbow. The adversary is then brought to his knees by pressure on the locked arm. Once on the ground, the San-Jitsuist quickly steps over the extended arm and begins to roll sideways to his back. With the front leg lying across the adversary's elbow and his foot tucked behind the knee of the other leg, he raises his hips upward while continuing to roll his body sideways to break the elbow of the helpless attacker.

These are just a few of the techniques used in San-Jitsu's "rolling" arsenal. They are designed for the complete annihilation of an opponent's joint and should only be used when you are in a serious confrontation. To reiterate; practice these techniques under the trained eye of a qualified martial arts instructor and remember to always LET GO of the person's limb as you begin your roll. Exercise good judgment and discretion before attempting any of these techniques because once initiated, you are on a deadly roll!

Grandmaster Frank E. Sanchez is the founder of San-Jitsu, the first internationally recognized style of martial art from Guam. He currently resides and teaches in Jacksonville, Florida. For more information e-mail san_jitsu@yahoo.com

