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Jiu-Jitsu's Lost Element

The Art of The Sneak Attack
By Professor Frank E. Sanchez

A long time ago, when jiu-jitsu first made its appearance in America, it was a miraculous happening, something which allowed the very weak to overcome the strong. It was the "sneaky" art of the Japanese warrior. The art which enabled the small Oriental to subdue the large American with seemingly effortless ease and grace. Since that time however, something has happened which has made the art a little weaker than it once was. Gone is the emphasis on initiating the surprise attack on the opponent — the attack which was sure to bring victory by its very execution of a perfectly crafted technique at the perfect time. Instead, we now have various jiu-jitsu systems which depend upon the execution of defensive arts against the opponent's onslaught. In most cases, these defenses are more than adequate to fit the occasion, but once in awhile it is best to disarm the situation before a confrontation starts on equal footing. For these special times the jiu-jitsu-ka can call upon various techniques at his disposal in the guise of certain innocent postures designed to catch the enemy off guard and by surprise.

In San-jitsu, a jiu-jitsu based art from Guam, the art of deception is practiced as an important part of its curriculum. Since it is an art founded on the principles of dealing unmercifully with an opponent, attacks disguised in innocent postures are taught to bring a potential threat to immediate halt with the least amount of and energy spent.



B



C



D



E

SAN-JITSU FINGER LOCK TAKEDOWN INTO ARMBREAK AND FACE SMASH
A: GrandMaster Sanchez offers his hand in friendship to his foe.

B: Spitting the thumb and little finger apart Sanchez brings the opponent to his knees.

C: Sanchez spins in a circle to bring the opponent down.

D: Sanchez locks his knee behind the opponent's elbow.

E: The opponent is finished off by simultaneously smashing his head to the ground while dropping the knee against his elbow to break it.

Photo Courtesy Frank E. Sanchez



SAN-JITSU HEAD STRIKE INTO TAKEDOWN AND LEG LOCK

- A: Grand master Sanchez uses psychology to work his way closer to opponent.
 B: Sanchez surprises the opponent with a sudden head strike to the bridge of his nose.
 C: Ducking down Sanchez grabs the opponent's cuffs and jerks them upward while butting his with shoulder to throw him backward.
 D: Sanchez ends the confrontation by placing a painful leg lock.



Recognizing When To Use Pre-Emptive Strikes

In most cases a pre-emptive strike is called for when there is a need to bring a potentially violent attack to a quick end before it even begins. This may be because of the size or the fighting abilities of the opponent, or the fact that the opponent has a weapon (whether hidden or in plain sight), or when there is more than one adversary. In any event, a pre-emptive strike is called for any time there is a need to instantly take control of the situation with the least amount of detriment to oneself.

As in most defense techniques complete commitment is needed once the entry into the technique is made. There can be no holding back once the attack is launched or the opponent will be able to sense the movement and re-adjust out of conscious reaction to what he sees. By involving the unconscious mind, we are assured that the reaction will be instinctive and not calculated. To put it simply, an instinctive response usually involves the body's reflexes in moving away from harm. This can aid in a defense technique because more often than not, the body is off balance when it reacts instinctively. If we allow the opponent's conscious mind to set in, we deal with the possibility of a thought out counter-attack on the part of the opponent. The danger of course comes when we are dealing with a trained opponent whose reflexes are honed to react instinctively. This means that the element of surprise and complete commitment become absolutely essential for the successful completion of your pre-emptive strike.

Practice Your Act

In order to make the pre-emptive strike effective, you must practice making your gestures natural and unobtrusive. The better you are at acting the part of a friendly or non-confrontational individual the better your chances of success. As in all things in life, practice makes perfect. It is important that you practice your mannerisms until they are completely natural. There should be no drastic changes in mood or character that would "suggest" or "telegraph" to your adversary that you are somehow "setting him up" for an attack.

Examples of San-jitsu Pre-Emptive Strikes

SAN-JITSU FINGER LOCK TAKEDOWN INTO ARMBREAK AND FACE SMASH

In this particular technique the San-jitsuist offers a handshake in the guise of perhaps agreeing to meet and fight at a later time. The San-jitsuist, upon making contact with the opponent's hand, quickly wraps his own hand around the opponent's thumb while securing a grip with his other hand on the opponent's little finger. Spreading the finger and thumb away from each other the San-jitsuist turns quickly and by his movement, and the pressure put on the adversary's finger and thumb joints, flings the opponent face down to the ground. Once down, the San-jitsuist braces his knee against the elbow of the opponent's outstretched arm. To break the arm and smash the adversary's face into the pavement, the San-jitsuist simply drops his knee downward on the elbow of the outstretched arm while simultaneously striking downward with a palm heel strike to the back of his head.

SAN-JITSU EYE POKE INTO TAKEDOWN AND KNEE BAR

In this particular situation the San-jitsuist assumes the "At Ease" position with one hand grasping the wrist of the other in front of the body with the fingertips extended. As the threatening opponent moves within striking range, the San-jitsuist quickly strikes the eyes of the opponent with his extended fingers while continuing to hold the wrist of the striking hand for reinforcement. Once the opponent is blinded, he quickly ducks down and applies a leg lever throw to the opponent's knee. This is done by placing the cutting edge of the forearm just under the knee at an angle while grabbing the back of the heel and pushing backward with the forearm while pulling his heel forward. Once the opponent is on the ground the San-jitsuist spins so that the back of his thigh is just over his knee and sits while pulling upward to apply painful pressure to the downed opponent's knee.

SAN-JITSU HEAD STRIKE INTO TAKEDOWN AND LEG LOCK

In this pre-emptive strike, the San-jitsuist makes use of psychology by extending his arms outward with palms showing towards the opponent (in psychology the showing of "open palms" indicates vulnerability and submissiveness.) In this extended hands position, he walks towards the opponent while talking to further distract his opponent. Once he is close in the San-jitsuist slams his forehead into the adversary's nose. With the opponent blinded by the blow, the San-jitsuist quickly ducks down to grab the opponent's ankles and sends him reeling backwards with a shoulder strike to his solar plexus or groin. The San-jitsuist then finishes his defense by locking up the opponent's leg in a punishing twisting leg lock.

In conclusion, while it is better to avoid a fight situation altogether by talking things out, when it becomes obvious that a fight is pending and you have no way out of it.....Use the pre-emptive strike.....It just may save your life!♥

Professor Frank E. Sanchez is the Founder of Guam's first Internationally recognized martial art of San-jitsu and currently teaches in Jacksonville, Florida. His school is the Headquarters for the American Martial Arts Alliance International and America's elite worldwide council of grandmasters called the World Head of Family Sokeship Council.

E: Sanchez ends the fight with a painful knee bar on opponent

SAN-JITSU EYE POKE INTO TAKEDOWN AND KNEE BAR

