

NIHON TAI JITSU PRESENTATION



Nihon Tai Jitsu means in Japanese « Body techniques ». It is a Western conception of a Japanese-inspired fighting art and it consists in fact in a modern method of self-defense. It doesn't result from the addition of judo, aikido and karate ; it is a discipline based on attacks as they could occur in daily life.



We find obviously movements from traditional martial arts (hits, joint lock, constriction and throwing techniques), but these movements have been adapted to self-defense.

Moreover, the pedagogical approach set up by martial arts teachers who were also in parallel physical education teachers is very gradual.

Techniques are classified in a wise and easy-to-follow way, they can be performed by anybody and doesn't include any violent falls. Let us never forget that Nihon Tai Jitsu is a set of self-defense techniques and not a means of attack. Defense techniques are performed with bare hands, against one or several opponents whether they be armed or unarmed.



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In our time when violence breaks out on all sides, self-defense methods and in particular Nihon Tai Jitsu are much needed. The practice of this discipline, if its spirit has been well captured, should lead to the serene confidence of strong and wise persons and not to the systematic aggressiveness. Self-defense is the defense of oneself and not the attack of the others. If the response is harsh, clear-cut, and definitive, it stays however proportionate to the attack, it means that it stays fair.



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Nihon Tai Jitsu is then a French self-defense method which considers that the life of practitioners can be endangered. A maximum efficiency with the minimum time, effort and risks is then necessary. It may be noted that Nihon Tai Jitsu was also previously called in Japan « KOSHI NO MAWARI »; the part dedicated to throwing and joint lock techniques was known as « JU-HO » (the gentle way).



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