

Jujutsu (Jujitsu)

Ju Jitsu (also often referred to as Jujutsu) is a fighting system that employs a wide range of techniques - including strikes, kicks, throws, joint locks and choking. In addition to this Jujitsu also teaches weapons technique. Techniques and influences from Jujitsu can be found in almost all of the martial arts.



Jujitsu developed in many independent schools in Japan over many centuries and as such does not have a clear lineage. As the syllabus of techniques in Jujitsu is very large, individual schools today may teach variations and/or a subset of the vast range of existing Jujitsu techniques.

As Jujutsu also provides many practical arm lock and submission techniques, jujutsu techniques have been popular with Police forces all over the world.

Origin of Jujutsu: Japan

Founded early 1600