

Be Master of Yourself

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流自修館柔術

Information



Non-profit organisation founded 1962

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Information



The art taught by the Peter Morton Academy of Judo Jujitsu Karate has three basic influences: Kodokan Judo, Jujitsu and Kempo Karate. It is designed primarily as a self-defence art.

The academy teaches its students the art of restraint and this principle is reinforced during every lesson. This serves as a reminder to both student and teacher that skills gained through the academy are not to be taken lightly and that they are to be used responsibly. With knowledge comes responsibility.

People of all ages can participate and gain from the Peter Morton Academy of Judo Jujitsu Karate style of self-defence. It is a practical, non-competitive self-defence and a discipline that emphasises mental, physical and emotional development.

Find a new level of fitness, flexibility, coordination and endurance through training.

Release and control negative emotions such as fear, anger and anxiety with regular practice.

Open yourself to development as an individual by learning a practical self-defence style.

Gain self-control, confidence and mental concentration through study of the art.

Classes

Classes are conducted in a semi-formal environment as a new student usually feels uncomfortable and uncoordinated. This is natural, but by the end of the first class most find that they are relaxed and cannot wait to train again.

At the beginning of a class all students and instructors take up a position around the edge of the training mat (tatami). Students kneel and, on command, bow to the Chief Instructor. Students then bow to each other. There are no religious connotations to this practice, it is just a tradition of respect.

Warm up exercises are conducted at the beginning of a class and generally involve stretching and strengthening. The aim is to increase flexibility, fitness and strength. Proper warm up exercises help to reduce the chance of injury and fatigue.

New students are advised not to overdo these exercises on a first training night.

After warm up exercises, strikes (tsuki), kicks (keri), falling safely (ukemi) and defence training are done.

Junior or senior student?

The academy teaches self-defence skills to junior and senior students. Usually, a junior is a student up to 15 years of age but this depends on physical ability and maturity.

To determine whether a person should train as a junior or a senior student, they can go along to one of the training nights at whichever branch is most convenient and talk to the branch Chief Instructor.

Training

Students learn a series of techniques for use against different types of attacks with an emphasis on defence. The techniques taught use an attacker's strength to a defender's advantage through use of leverage, balance and momentum. These defensive strategies aim to initially evade, then to disable and finally immobilise an attacker and a student learns to react instinctively without a second thought.

A student is encouraged to practice techniques in their spare time by shadow-sparring.

Class training features an assorted mix of:

strikes	grappling
blocks	choking
throwing skills	strangulation
evasive manoeuvres	joint immobilisation
pressure points	dislocation locks

Breakfall (ukemi) is the art of falling safely. This is a series of techniques that, when performed correctly, cushion a fall to the ground. A student is taught front, side and back breakfalls and shoulder rolls.

Judo is the throwing art where a student is taught how to take a person off balance, throw and sweep. There are several *take-to-the-ground* techniques that are practised regularly.

Jujitsu incorporates methods from Japanese striking techniques (atemi) and joint locks. These are taught as restraint and defensive techniques.

Karate involves punches, strikes and kicks. A student is taught how to block punches and kicks and how to use their limbs as defensive tools.

Ground work is wrestling and hold-downs with other students resulting in a submission. It is taught mainly as an exercise.

Boxing is taught only at a senior level. A student is taught basic movements and how to defend against a boxer.

Self-defence is where a student takes part in two and three man self-defence attacks. Attacks are limited to the level of a student's training.

In self-defence practice a student learns to use their skills of judo, jujitsu, karate and boxing to defend against an attack.

Basic steps (kata) is a pre-arranged set of moves in which each move aims to block, strike and position a body to defend against an attack. Performed by an individual, or as a group, it is a training method used for practising techniques.

What to wear

The traditional training clothing worn on all occasions is called a *Judogi*.

Until a person has settled in and has decided to join the academy, it is recommended that they wear tracksuit pants and a strong shirt, or similar type of durable comfortable clothing, as bare skin is easily scratched or torn.

Once a person has made a decision to continue training, they will be required to wear a judogi.

What not to wear

Earrings, rings, chains, watches and other jewellery **must not** be worn on the training mat and they must be removed or taped up securely before participation in a class.

Toenails and fingernails **must not** be long — keep them short and clean.

Training is done barefoot and footwear **must not** be worn on the training mat.

Skimpy or flimsy street clothing **must not** be worn for training — dress sensibly.

Eating, drinking, smoking or chewing gum **are not** permitted on the training mat or in the Dojo training area.

Instructors

All dan belt instructors have coaching accreditation, first aid certification, sports trainer education and donate their time freely.

Instructors are called *Sensei* (teacher). 4th dan belts and higher grades have other titles but it is acceptable to call them Sensei in a class situation.

Belts and gradings

Belt colour signifies a member's ranking within the academy. To go from one belt colour to the next a student must pass a grading where they are tested on their abilities.

There is absolutely no pressure or competition for belt levels or to grade to a higher level. Instead students are encouraged to train at their own pace. A student is only nominated by an instructor for grading when their instructor feels that they are ready to progress to a higher level of training.

Some branches award badges as encouragement to junior students for breakfalls, punching, kicking, basic steps and jujitsu techniques.

Branches, lessons and fees

Branches and lesson times are listed on the academy's web site and all branches offer at least one free lesson, so a person can experience a night's training before they pay any membership fee.

An annual membership fee is payable. This fee includes insurance cover as required by law but not personal injury insurance.

Lesson fees are charged separately and vary from branch to branch depending on that branch's running costs and needs. Some branches offer family discounts.

Remember

Self-defence is a physical contact sport which can sometimes result in injuries. All reasonable care is taken by academy instructors but, as with any type of martial arts training or sport, there is always a risk of injury.

Any academy member seen or reported using the academy's art on other people in a criminal or bullying manner or teaching without authority will be dealt with harshly. A person must think before they act!

Interested?

If interested in joining, either go along to any branch or contact one of the chief instructors. Join in a class and take advantage of a free tryout before a decision to become a member is made.

More information

To find a branch location and lesson times see the academy's web site or email the academy.

For more detailed information about the Peter Morton Academy of Judo Jujitsu Karate there is a book, *Many Mountain Summits*. Details of how to obtain a copy are available on the web site or contact a branch chief instructor.

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