

American Jujitsu Academy

Requirements Student Handbook



Version 7.3



Dojo Rules

In martial arts everything one does reflects greatly on them.

- Leave the world “outside” of the dojo.
- Respect is the most important thing to learn.
- Maintain humility while in class.
- Bow the first time you see any Yudansha (Black Belt) rank. In order of rank, no matter where you are, wait for acknowledgement. This is a show of respect and consideration for what he/she has accomplished over the years of training.
- Bow to Flag upon entering dojo. (Call “SHOMEN NO REI,” to bow to the flags) Kneel in seiza, (kneeling bow) when first entering the dojo, then bow to the highest rank. Bow to all black belts in order of rank after bowing to the head instructor. Step on and off the mat LEFT foot first.
- Address instructor with proper title. Sir/ma’am, never say *what* or *huh*. (Yes Sensei, Renshi, Shihan, Hanshi, or Soke)
- Don’t walk behind higher ranks.
- Bow before stepping on and off the mat. Never walk on the mats with any shoes.
- Stand to the right side of higher belts.
- When working with your partner bow before and after training with them.
- Gi (uniform) is always clean; if you come to class two times, wash it two times.
- Stretch before class begins; remember you are responsible for your body.
- Never demonstrate or attempt a technique with strength or power. You are responsible for your uke’s (partner’s) safety.
- Always have your requirements, if lost ask instructor for replacement copies. The Instructor will then give or email a replacement copy for extra training exercises.
- Never come to class dirty, smelling or intoxicated. Do not drink alcohol before attending class.
- Do not chew gum or eat food during class, or around the mats.
- Maintain proper hygiene at all times. (Keep finger and toe nails properly trimmed.)
- Never question what is asked of you, ever! Be responsible for ones duties at current rank. (Some examples might include: Sit in seiza, clean, mop, paint, take out trash, collect payment or whatever is needed at the time, asking for thanks or questioning the instructor is very disrespectful. This is all part of your training.)
- If you disagree with one of the instructor’s or another students opinions wait until you are alone and acknowledged, ask the question. Never voice your opinion in front of other students.
- Never ask to test; the instructors know when you are ready.
- Do not ask for rewards such as certificate of rank, this is considered being a braggart, you will receive everything you’ve earned, this teaches patience.
- When tying one’s belt never face a Yudansha. (Black belt)
- Gi top is always tied left over right, and belt is always tied in a square knot.
- Fold Gi properly before leaving the dojo.
- Gi should be no longer than wrist in sleeve, and no longer than ankle in pants. Having a short gi is accepted a long gi is not.
- If an instructor is speaking to the whole class, to be respectful everyone should always sit in seiza. **DON’T TOUCH THE MAT WITH YOUR HANDS.**
- Wait until being acknowledged before asking a question of an instructor. When you’ve asked an instructor a question and received an answer, always bow.
- When a student can’t come to class for a period of time contact an instructor.
- **Payment of class should be paid no later than the 5th of the month to avoid a \$15 late fee plus additional \$3.00 a day.** Always pay on time, it is disrespectful to do otherwise.
- If for any reason one needs to freeze an account (take time off) the cost is \$15.00 a month.
- You may terminate your contract with permission from the head instructor and pay early termination fee. (\$100.00), you must also forfeit your Gi.
- Cross training with another teacher or school is **ONLY** allowed with verbal permission from an instructor. This goes back to respect and safety.
- Any Rank 6th degree and above should never have to pay for anything, or for any trip. You should not allow the highest belt in the room to purchase their own meal, gifts, etc.
- Someone is always available for whatever questions you may have.
- You are not dismissed from class until the highest rank in the class releases you. If needed always ask permission to be dismissed.
- Be careful of the words one speaks, they cannot be taken back.

American Jujitsu Beginning Student



There is no age requirement for the rank of Rokkyu. Belt promotions are always at the discretion of the head instructor. Factors such as class attendance, natural ability, dedication and competition could possibly shorten the length of a promotion. However a poor attitude, bad temper, disregard for class rules, and lack of common morality in or outside the dojo could lengthen the promotion time. A student that displays improper respect may be disqualified from promotions or subject to expulsion from class.

Welcome to class

Class description:

Kaigan-Ryu Jujitsu: has its roots in traditional styles of ju-jitsu. Kaigan-Ryu Jujitsu, is a system Shihan Landolt founded more than two decades ago. Kaigan-Ryu literally means “school by the sea”, the focus of the art is to use jujitsu as an adaptive response to any situation much like water can and does. The art is based on Okazaki Jujitsu, Koryu Jujutsu, Miyama-Ryu Jujutsu, and other systems including Kodokan Judo, Takemusu Aikido, Kyokushin Karate, and Gracie Brazilian Jiu-jitsu.

The art uses the strengths of each system Shihan Landolt has studied, while maintaining tradition and keeping what is practical for self-defense. The Kaigan-Ryu system is complex and very demanding for anyone willing to train in the art. This enables the dojo sensei to explain to the student why techniques came to be as they are and the philosophy surrounding the techniques’ creation and use. Kaigan-Ryu Jujitsu is “nationally” and “internationally” accredited. The art provides a comprehensive fighting system, as it remains well rounded for all aspects of fighting and effective use in today’s real life situations.

American Jujitsu: was first introduced in the early 1900’s in the United States in front of President Roosevelt. The art was first taught in Washington State. The core of the art is Kodenkan Jujitsu, the art mainly focuses on the use of throws and joint locking as a means of self defense. The concept is once an opponent is thrown hard to the ground the finish should be easily obtained. Once the art left Japan it was not spelled the same, the “spelling” was changed from Jujutsu to Jujitsu in America to make the distinction between the two. American Jujitsu has elements of Yoshin-Ryu Jujutsu, Danzan-Ryu Jujitsu, Okinawa Te, with a heavy influence from Judo.

Judo: Jigoro Kano needed to find a way to save old Jujutsu. In devising a different form of Jujutsu due to the new law associated with the Samurai, he came up with a safer way to free practice or “randori,” and maintain the integrity of the art. It was originally called Kano Jiu-jitsu, later the art was renamed to Kano Judo and finally simply Judo. It is essentially the “sport” version of Jujutsu. It is also parent art of modern day **Brazilian Jiu-jitsu** from which the art was created.

Gracie Jiu-jitsu (Brazilian Jiu-jitsu): Invented by Carlos and Helio Gracie. Judo taught to them by Count Maeda and then modified to Brazilian Jiu-jitsu. Its focus is to take an opponent to the ground and use a choke or joint lock to finish. The art has become world famous for its success in real life situations as well as the UFC. Now virtually anyone who fights in this event trains in Jiu-jitsu or at the very least knows all the positions associated with the art.

A Brief History of jujitsu

Webster's Dictionary defines jujitsu as "an art of weaponless fighting employing holds, throws and paralyzing blows to subdue or disable an opponent." This is not a bad definition of jujitsu, merely incomplete. To better understand jujitsu, it is necessary to look at its origins and the fundamental principles that underlie this comprehensive fighting system. Jujitsu's origins have been largely lost in Japan's prehistory. Even before the Samurai of ancient Japan existed, jujitsu-like combat forms were being developed and used in combat. The first records of combative grappling can be found shortly before 750 A.D. This is an historical and well-documented fact. Another fact is a samurai was seldom, if ever, without a weapon. That leads to the question of why a group of warriors who were always armed would devote the time and considerable effort and energy to develop a system of purely empty-hand combat. Obviously, they wouldn't. Classical jujitsu maintained a balance of weapon and empty-hand methods with a great deal of overlap and blending. Therefore, jujitsu was designed originally as an auxiliary skill to be used in conjunction with weapon arts, not as a replacement.

Samurai of pre-Tokugawa Japan were required to be adept in a vast range of combat skills. Kyujitsu, kenjutsu, bajutsu, sojutsu and kumi-uchi were among the basics, these being the techniques of the bow and arrow, the sword, horsemanship, the spear and grappling in armor. These skills were part of a vast array of bugei or martial arts, essential to combat in feudal Japan. The term bujutsu also means martial arts but came into use much later and tends to be used today when listing such non-sport arts as kenjutsu, iaijutsu and aikijitsu. Under a daimyo (a regional authority) or within a family clan, instruction was offered to retainers or family members in the weapons and skills of the Samurai as taught by their particular ryu. While ryu is usually translated as school or style, there were often many different arts taught within any one ryu. In order to adequately prepare their members for combat, the ryu instructors would have needed to teach a wide variety of bugei. Most ryu contained some jujitsu methods.

Terminology varied from system to system, taijutsu, wajutsu, torite and yawara being just a few of the names used for various jujitsu-like systems. Regardless of the name used, the underlying principle remained the same with jujitsu being a secondary study and a part of the whole, not separate unto itself. It was not until the Edo period (1603-1868) that jujitsu became a generic term used to describe this wide range of techniques. This period is considered the "Golden Age" of jujitsu, when the major schools flourished and technique was brought to its highest level. With the coming of the Tokugawa shogunate and its control of Japan at the beginning of the 1600's, battlefield combat largely became a thing of the past. As the need for standing armies and the mobility required by war declined, many ryu began to reflect this change. Samurai were able to concentrate on one aspect of combat and attempt to master all aspects of it. As duels to the death were frowned on by the government, the severity of the techniques began to lessen and the ability to control or disable an opponent using non-lethal methods became respected and valued. During the more than two hundred years of the Tokugawa rule, a general peace existed in Japan. Shut off from the rest of the world and tightly controlled and regulated to the smallest detail, Japanese society was prevented from returning to its former state of civil unrest by a Big Brother government that severely punished nonconformity and political activism. It was during this period that jujitsu reached its zenith and much of what we recognize as jujitsu today was developed.



Monthly rate -

All prices are with "EFT" draft/ without add 10%.

***Price depends on the number of times one attends per month.**

Single membership:

4 x's a month = **\$45.00**

8 x's a month = **\$100.00**

12 x's a month = **\$120.00**

16 x's a month = **\$150.00**

Couple Membership:

4 x's a month = **\$80.00**

8 x's a month = **\$160.00**

12 x's a month = **\$180.00**

16 x's a month = **\$225.00**

Family Membership: (3)

4 x's a month = **\$120.00**

8 x's a month = **\$180.00**

12 x's a month = **\$220.00**

16 x's a month = **\$250.00**

unlimited includes "open mat" Saturday = \$180.00 (single)

One can always add a class by simply paying \$10.00

Average person attends twice a week:

Discounts...

- Women's - (10% discount) @ 2 x's per week
- College/Kids - (15% discount) @ 2 x's per week
- Police/Fire - (20% discount) @ 2 x's per week
- Couple - (25% discount) @ 2 x's per week
- Family/3 - (40% discount) @ 2 x's per week
- Family/4 - (45% discount) @ 2 x's per week

Contracts are 3 months, 6 months, 1 year, and 2 years.

Open class: is for anyone wanting to learn Jujitsu in a linear format. This class is taught in a "pod" form; meaning all belts of same color work together with an instructor to better understand the intricacies of each belt requirement. Men/women are taught at the same time to showcase the importance of leverage, kuzushi (off-balancing), and how one doesn't have to be strong, big, or aggressive to be successful.

Kids Classes: are taught according to the age of child. Ages 6-8, 9-12, 13-15 classes are available. The higher the age the more serious the art becomes. The classes are taught to teach the student not to be bullied, taunted, and deal with stress; as well as close proximity to an opponent. The academy also eventually wants the student to make a transition to the adult class.

Uniforms (Gi / Kimono):

- Kids - \$105.00
- Student - \$115.00
- Comp. weave - \$155.00
- Instructor - \$175.00
- All uniforms must be purchased thru school



Head Instructor's Bio

Shihan Landolt:

With his rank and experience he now only teaches his top level instructors. Shihan Landolt has passed his knowledge of martial arts on for a new generation to uphold the standards and traditions for further advancement of American Jujitsu.

Martial Art Experience: 40 years

Rank: Shihan - Shichidan 7th Degree Kaigan Ryu Jujitsu

Shichidan 7th Degree American Jujitsu

Yodan 4th Degree Judo

Nidan 2nd Degree Aikido

Hall of Fame 2007 USA Martial Arts California

Founder of Arkansas Ju-Jitsu Association

Senior Technical Advisor for Kaigan Ryu, NJF, and AJA

Coaching, Referee, and Event Committee USA

1st Ever "Grand World Champion" (World M.A. Games)

2x World Cup Ju-Jitsu Champion (World M.A. Games)

2x World Cup Ju-Jitsu (Jujitsu World Cup)

2x N. American Continental Champion (Jujitsu)

2x International Open Champion (Jujitsu)

3x Arnold World M.A. Games (World Champion)

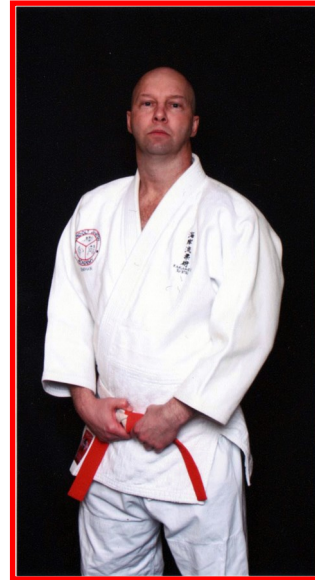
4x International Champion (Jujitsu)

5x National Champion (Jujitsu)

Grand Champion (Night of Champions)

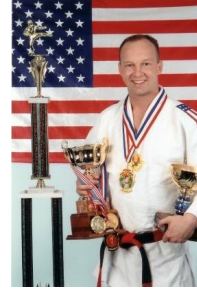
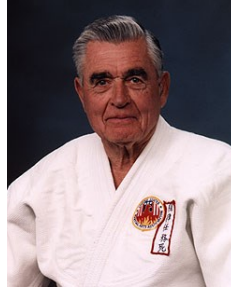
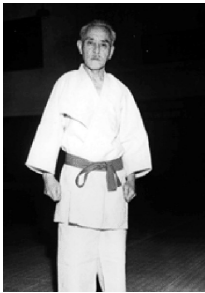
Multiple Regional & State Championships (Jujitsu/Karate/Judo)

- Member of the 2000 and 2002 USJJF National Team
- Captain of the USJJF National Team 2000-2002
- Instructor of the year 2000 (USJJF)
- Competitor of the year 2000 (AJJA)
- Founded Kaigan -Ryu Ju-Jitsu System in 1994
- Instructor of the year 1991-1994 (IFMA)
- Competitor of the year 1992 and 1993 (IFMA)
- Assisted in security force training for the U.S. Marine Corps
- Worked with troubled youth
- Counseled and trained victims of violent crimes
- Over 26 years tournament experience
- Trained with law enforcement personnel
- Desert Storm Veteran
- Gives seminars throughout U.S. on Kaigan-Ryu Jujitsu
- Outstanding Leadership Award (USJJF), (AJJA), (USMA), (IFMA)





Jigoro Kano Father of Kodokan Judo— Sadaki Nakabayashi— TR McInanahan—Shihan Glen Landolt



Kyuzo Mifune "God of Judo" — Walter Todd — Phillip Porter — Shihan Glen Landolt



Mas Oyama Father of Kyokushin Karate — Gene Landolt — Shihan Glen Landolt



Seishiro "Henry" Okazaki Father of Danzan Ryu Jujitsu — Soke Jack Johns — Shihan Glen Landolt



Helio Gracie Father of Gracie Brazilian Jujitsu — Rorion Gracie — Renner & Ryron Gracie — Shihan Glen Landolt



Instructor's Bio

Sensei Jeevan Uttamchandani:



Martial Art Experience: 25 years

Rank: Sandan – 3rd Degree 2016 Kaigan Ryu Jujitsu
President of Arkansas Ju-Jitsu Association
2016 - Sandan 3rd Degree American Jujitsu
2010 -Shodan 1st Degree Black Belt Kodokan Judo (USMA)
2005 -Instructor of the year (AJJA)
2005 -Shodan 1st Degree Black Belt American Ryu Jujitsu
2005 -US National Tournament: Bronze Medal Kumite
2004 -Arkansas Open Martial Arts Jujitsu Championships: Bronze Medal Kumite
2004 -Arkansas Open Martial Arts Jujitsu Championships: Silver Medal Self Defense
2004 -World Games Battle of Columbus: Bronze Medal Kumite
2004 -World Games Battle of Columbus: Silver Medal Self Defense Competition
2003 -US National Tournament: Bronze Medal Kumite
2003 -World Games Battle of Columbus: Gold Medal Duo Competition
2003 -World Games Battle of Columbus: Bronze Medal Kumite
2002 -World Games Battle of Columbus: Gold Medal Kumite
1995 -Shodan 1st Degree Black Belt (ATA)
1990 -World Championships (ATA): 2nd place Kata Competition.
Lifetime member USJA, NJF, AJJA

Sensei Vanessa Cook:



Martial Art Experience: 20 years

Rank: Sandan – 3rd Degree 2016 Kaigan Ryu Jujitsu
2016 - Sandan 3rd Degree American Jujitsu
2006 - Instructor of the year (AJJA)
2006 -Shodan 1st Degree Black Belt Kodokan Judo (USJA)
2005 -Shodan 1st Degree Black Belt American Ryu Jujitsu
2004 -World Games Battle of Columbus: Silver Medal Self Defense Competition
2003 -World Games Battle of Columbus: Gold Medal Duo Competition
2003 -US National Tournament: Silver Medal Kumite
2002 -US National Tournament: Silver Medal Kumite
Lifetime member USJA, NJF, AJJA

Sensei Stan Clarke



Martial Art Experience: 25 years

Rank: Sandan – 3rd Degree 2017 Kaigan Ryu Jujitsu
2017 - Sandan 3rd Degree American Jujitsu
Lifetime member USJA, NJF, AJJA

Assistant Instructor's Bio

Senpai Jashrie Uttamchandani



Martial Art Experience: 10 years

2016 Rank: Ikkyu – 1st Kyu Brown Belt level 2 Kaigan Ryu Jujitsu

Ikkyu – 1st Kyu Brown Belt level 2 American Jujitsu

Level 3 Instructor

Senpai Gowynne “Joie” Landolt



Martial Art Experience: 5 years

2017 Rank: Ikkyu – 1st Kyu Brown Belt level 2 Kaigan Ryu Jujitsu

Ikkyu – 1st Kyu Brown Belt level 2 American Jujitsu

Lifetime member USJA, NJF, AJJA

Level 3 Instructor

Senpai Michelle Hufana



























Martial Art Experience: 2 years

2018 Rank: Nikyu – 2nd Kyu Blue Belt level 2 Kaigan Ryu Jujitsu

















Nikyu – 2nd Kyu Blue Belt level 2 American Jujitsu

Level 1 Instructor

American Jujitsu Rank Structure: (Mudansha - Lower Color Belts)

Achieve	Rank	Color	Belt	Minimum Time in Grade	Average Time in Grade	Rank Meaning	Responsibilities	
Chaos: Form a Foundation	6th Kyu	White		Awarded		Beginner Student	Dojo Duties	
	6th Kyu	White w/ 1 Stripe		2 months	3 months		Dojo Duties	
	6th Kyu	White w/ 2 Stripes		2 months	3 months		Dojo Duties	
	6th Kyu	White w/ 3 Stripes		2 months	3 months		Dojo Duties	
Control	5th Kyu	Orange Awarded		Varies up to 1 Month			Help Beginner Students	
	5th Kyu	Orange w/ 1 Stripe		3 months	4 months		Help Beginner Students	
	5th Kyu	Orange w/ 2 Stripes		3 months	4 months		Help Beginner Students	
	5th Kyu	Orange w/ 3 Stripes		3 months	4 months		Help Beginner Students	
Oneness Mind	4th Kyu	Green Awarded		Varies up to 1 Month		Intermediate Student	Authorized to begin the ICP: Instructors Course Program	
	4th Kyu	Green w/ 1 Stripe		5 months	6 months		Assist Senpai	
	4th Kyu	Green w/ 2 Stripes		5 months	6 months		Assist Senpai	
	4th Kyu	Green w/ 3 Stripes		5 months	6 months		Assist Senpai	
Oneness Body	3rd Kyu	Blue Awarded		Varies up to 1 Month			Advanced Student	Assist Sensei ICP Level 1 White - Green
	3rd Kyu	Blue w/ 1 Stripe		5 months	7 months			Assist Sensei ICP Level 1 White - Green
	3rd Kyu	Blue w/ 2 Stripes		5 months	7 months			Assist Sensei ICP Level 1 White - Green
	3rd Kyu	Blue w/ 3 Stripes		5 months	7 months			Assist Sensei ICP Level 1 White - Green
Oneness Spirit	2nd Kyu	Purple Awarded		Varies up to 1 Month		Advanced Student		Official Senpai ICP Level 2 White - Blue
	2nd Kyu	Purple w/ 1 Stripe		6 months	8 months			Official Senpai ICP Level 2 White - Blue
	2nd Kyu	Purple w/ 2 Stripes		6 months	8 months			Official Senpai ICP Level 2 White - Blue
	2nd Kyu	Purple w/ 3 Stripes		6 months	8 months			Official Senpai ICP Level 2 White - Blue
Understanding	1st Kyu	Brown Awarded		Varies up to 1 Month			Advanced Student	Can Wear Hakamas ICP Level 3 White - Purple
	1st Kyu	Brown w/ 1 Stripe		6 months	9 months			Jr. Sensei Teach Senpai ICP Level 3 White - Purple
	1st Kyu	Brown w/ 2 Stripes		6 months	9 months			Teach Class Alone on Request ICP Level 3 White - Purple
	1st Kyu	Brown w/ 3 Stripes		6 months	9 months			Teach Class Alone on Request ICP Level 3 White - Purple

American Jujitsu Rank Structure: (Yudansha - Black Belts)

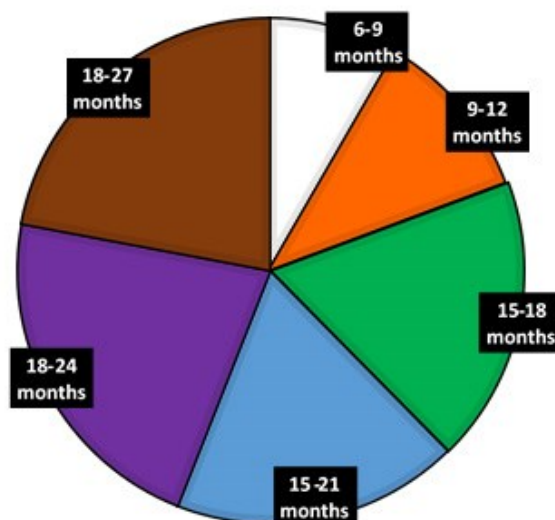
Achieve	Rank	Color	Belt	Minimum Time in Grade	Average Time in Grade	Minimum Age Requirement	Rank Meaning	Responsibilities
Competition and Performance	1st Dan	Black w/ 1 Stripe		2 years	3 years	20	Personal Achievement	Competition Non-instructor
	2nd Dan	Black w/ 2 Stripes		3 years	4 years	21	Personal Achievement	Competition Non-instructor
	3rd Dan	Black w/ 3 Stripes		4 years	5 years	23	Highest level of competition rank	Competition Non-instructor
Harmony	Probation	Black w/ Red Tape		6 months	1 year	18	Jr. Sensei	Teach Sempai Level 4 (White - Brown)
	Probation	Black w/ Red and White Tape		6 months	1 year	18	Jr. Sensei	Teach Sempai Level 4 (White - Brown)
	Probation	Black w/Red Tape & Kanji		6 months	1 year	19	Jr. Sensei	Teach Class Alone on Request
Calmness / Knowing: Competent to Teach Class Alone	Shodan	Black w/ 1 Stripe		2 years	3 years	20	Sensei: Instructor	Can Promote White - Black
	Nidan	Black w/ 2 Stripes		3 years	4 years	21	Sensei: Instructor	Teach Class
	Sandan	Black w/ 3 Stripes		4 years	5 years	24	Sensei: Instructor	Teach Class
Teach Instructors at Different Dojos	Yodan	Black w/ 4 Stripes		5 years	6 years	27	Junior Renshi: Instructor	Host Events
	Godan	Black w/ 5 Stripes or Black & Red		5 years	7 years	30	Renshi: Expert Instructor	Host Events
	Rokkudan	White & Red		6 years	8 years	35	Shihan: Master Instructor	Teach Seminars
Over Testings & Events	Shichidan	White & Red		7 years	10 years	40	Shihan: Master Instructor	Teach Seminars
Over Organizations	Hachidan	White & Red		8 years	10 years	50	Shihan: Master Instructor	Teach Seminars
Technical Advisor	Kudan	Red		9 years	10 years	60	Soke: Master of the Art	Test Shihan
Advisor For Entire Systems	Judan	Red		-	10 years	70	Soke: Honorary	Test Shihan

AVERAGE TIME TO ACHIEVE A BLACK BELT

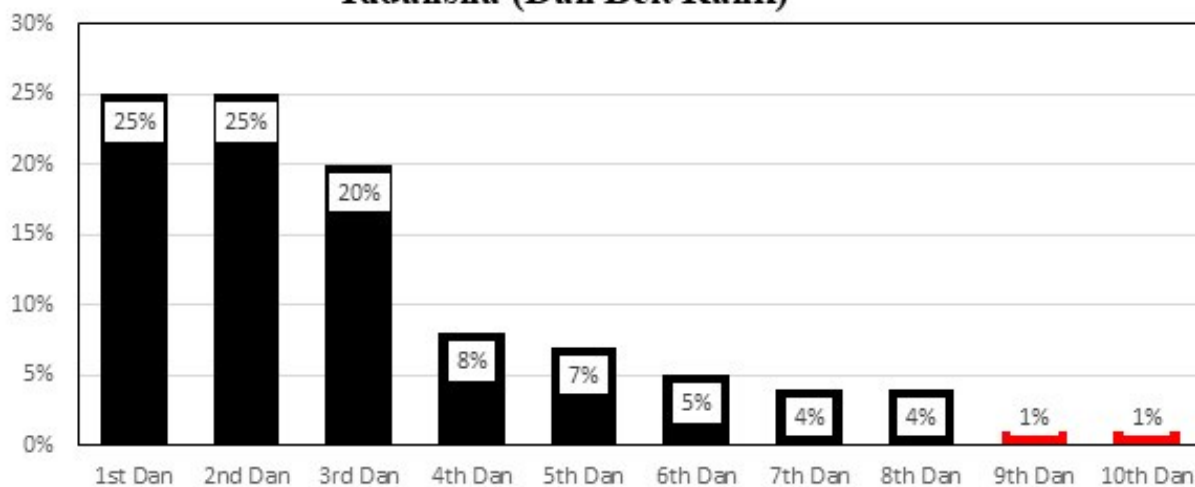
■ White Belt
 ■ Orange Belt
 ■ Green Belt
 ■ Blue Belt
 ■ Purple Belt
 ■ Brown Belt

White Belt	6-9 Months
Orange Belt	9-12 Months
Green Belt	15-18 Months
Blue Belt	15-21 Months
Purple Belt	18-24 Months
Brown Belt	18-27 Months

After time and grade, with minimum age of 18, Shodan will be awarded.
 Average time is 10.5 years



Out of 100 Black belts: Percentage of Instructors Yudansha (Dan Belt Rank)



Out of 100 schools: Percentage of Student Rank Mudansha (Color Belt Rank)

