

# 日本柔術

## Nihon Jujutsu



### News & Updates

#### 2010 August

**Nihon Jujutsu Seminars  
Japanese Martial Arts  
Center (JMAC)  
Ann Arbor, MI, USA**

**2010 July Hombu Dojo  
DJJF - Viking Tour**

### Recommended Reading

#### **Kodokan judo throwing techniques**

by Toshiro Daigo  
Kodokan Judo 10<sup>th</sup> Dan

ISBN-13: 9784770023308  
ISBN-10: 4770023308

### Upcoming Events

**2010 Kokusai Budoin, IMAF  
World Seminar - Europe  
October 29, 30, 31**

**Location: Zwickau, Germany**

Mr. Hans D. Rauscher  
Branch Director Germany  
P.O. Box 5464  
D. 79021 Freiburg, Germany  
Fax: (0049) 7661.99132  
Email:  
[imaf-seminar-2010@gmx.de](mailto:imaf-seminar-2010@gmx.de)

**2011 Nihon Jujutsu  
Denmark Seminars  
March 04, 05, 06**

**Copenhagen, Denmark**

Mr. Hans Lausten  
Branch Director Denmark  
Email: [halaust@gmail.com](mailto:halaust@gmail.com)

### Details of All Events:

[www.nihonjujutsu.com/events](http://www.nihonjujutsu.com/events)

### Nihon Jujutsu Newsletter: 2010 September

#### 2010, August JMAC Nihon Jujutsu Seminars

Japanese Martial Arts Center sponsored open & advanced Nihon Jujutsu training workshops Sunday, August 8<sup>th</sup> from 10am to 1pm.

Despite record breaking heat, more than forty participants joined the sessions that focused on applications of nage-waza (throwing techniques); *uki-goshi*, *o-goshi*, *koshi-guruma*, *osoto-otoshi*, as well as strategies of self-defense (*goshin-jutsu*), such as *sen no sen*, *sen sen no sen*, and *go no sen*; apropos judo & jujutsu.

JMAC features a wide variety of events throughout the year. For all details see: [www.japanesemartialartscenter.com](http://www.japanesemartialartscenter.com)



**Nage-waza, uki-goshi**

#### 2010 Viking Tour Hombu Dojo

Thomas and Rie Nyholm embarked on an adventure in the land of the rising sun during July. Between visits to Kyoto, the ancient capital of Japan, sites in Tokyo and beyond, Thomas and Rie continued a long-standing tradition of DJJF members visiting the Embassy Judo Club for training on Saturday, July 11<sup>th</sup>.



**2010 Viking Tour at Embassy Judo Club, Tokyo, Japan**

## 2010, August JMAC Nihon Jujutsu Seminars

Special thanks are due to all the members, instructors, family and friends at JMAC for their excellent work before, during, and following the August events.

2010, August JMAC Nihon Jujutsu Seminar Participants



Nage-waza, O-goshi

For information about Nihon Jujutsu - upcoming events, member clubs and affiliated programs, historical research, and other inquiries, please contact:

[info@nihonjujutsu.com](mailto:info@nihonjujutsu.com)



Nage-waza, Koshi-guruma



Nage-waza, Osoto-guruma

Nage-waza, Seoi-nage

