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**Dentokan Special Seminar**  
**The Hobbs Method Of Goshin Jutsu**  
**Col Roy Jerry Hobbs, Hanshi**

President, Sekai Dentokan Bugei Renmei, Inc.  
U. S. Shidojin, Zen Nihon Budo Renmei, Kyoto, Japan (All Japan Budo Federation)



“Son, just pick up some ‘en and hit ‘em in the head”. A perfect introduction to the Dentokan weekend seminar with Sensei Hobbs, focussed on extremely practical self-defence techniques.

Over 50 senior Dentokan practitioners gathered at Moulton Sports College with our UK head, Professor Stephen Chan OBE, playing host to Col. Roy Jerry Hobbs, Hanshi, founder and president of the worldwide Dentokan organisation. The event was hosted by Sensei Steve Howe and the Fitness First dojo with help from the Northampton irregulars and aided by Chris Spencer-Hicks, Hanshi and Brian Rogers, Hanshi.

Those who survived the two 6 hour sessions will have many stories to tell, although Sensei Chan assures us that there were many fewer press-ups than we remember, and certainly not as many as we deserved.

The course developed the theme of self-defence from legal implications working on through boxing and street style techniques to more familiar jujutsu, groundwork and weapons defence.





We started with a review of the legal implications of self defence covering the key aspects of UK law and of European law, including Human Rights. The issue of cruel and unusual punishment arose over the weekend but more of that later ...

Sensei Hobbs then took us through the key mental principles of awareness, avoidance and, if necessary, fighting dirty. When asked for stories from previous experience there was much ducking of heads at this point, particularly amongst some of our more experienced practitioners.



We looked at improvised weapons, which were illustrated by using everyday items within Debbie Hill's handbag (which actually seemed closer to a rucksack in size). The look of fear upon her face as Sensei Hobbs raided her handbag for useful weapons will remain with us all forever.

The training regime for the day began with the adoption of boxing stances and techniques. For many, a new experience but complementary to usual practice. The basics of protecting the head, keeping the hands high and body shift were emphasised and practiced.

A number of people had clearly spent too much time watching the early Muhammad Ali in the 1970's, and bobbed and weaved to their hearts content. One Aikijutsu practitioner most definitely performed the "Ali shuffle" at some point.

The more serious lessons were driven home with effective use of distance (maai) and the principles of efficiency and simplicity.

Every hour we drilled in a selection of techniques using the jab, straight punch, double punch, uppercut, and hook.

Each time we worked the technique individually, with partners and then as small groups with a pad or bag.

The joys of hitting something hard with good technique were experienced by all, and much effort expended.

We moved on to elbows and knees using similar movements to arms. Sensei Hobbs instruction made clear the mechanical principles involved and all participants improved technique and effectiveness.

We also learned the "Sen Sen No Sen" concept of sensing the threat and reacting appropriately.



A salutary tale from the day – holding the bag high for an elbow strike is fine.

For a knee strike....less so.

Despite this many of us, and our friends and families, descended on the Jade Pavilion restaurant in Northampton for great food, drinks and excellent company. A thoroughly good night was had by all, and the next day seemed far away ...



Day 2 started with a couple of press-ups to keep us in good punching condition. A few outstretched arm circles were thrown in for good measure. Little did we know...

Sensei Hobbs then took us through the importance of controlling the head in a close situation, with practical application.

We then repaired to the mats for work on situational escapes, working on grabs, chokes, hugs and locks.

Flying people were very much in evidence at this point. Followed by a few more press-ups and arm circles.



We then moved to the ground with a number of takedown techniques, some familiar and classical, others less so.

This is where we saw the ingenuity of our colleagues, with many strange and unusual variations, including the inevitable “extra little dig” which is a ‘must do’ on seminars of this intensity.

It was noticed that senseis Chris Spencer-Hicks and Mark Page seem to have perfected this art.

Sensei Hobbs worked with us through familiar techniques taking a simple and practical approach. Triangle chokes, Fig 4s from all angles, neck and wrist shunts, naked chokes and “Hobbs Specials” were all very much in evidence, and practiced diligently.

All this followed by even more press-ups and arm circles – to keep tip-top condition obviously.



Salutary tale – eye contact should not be made. Old Brazilian Ju-Jitsu rule.





We finished the day with some serious “ground and pound” work with Senseis Nick Charalambous and Jason Fitzpatrick, working through a number of techniques for escape and submission.

Just as we thought it was all over came the immortal words ....

“I can’t let us all leave before we do .....



Congratulations should go to our graders at the seminar who all performed magnificently and were a credit to the Dentokan.

- Steve Howe – Yondan
  - Mark Caddy – Yondan
  - Ellen Read – Sandan
  - Jim Maher – Nidan
  - Phil Watson – Nidan
  - Phil McGrielle – Shodan
- and to Nick Charalambous and Jason Fitzpatrick for their awards of Shihan.



Texts on Monday

“I am at A&E and have broken a bone in my foot (sweeping during grading). Have just seen Phil M but he seems OK.”

Then

“I am at A&E and have broken a rib and cracked another. Have just seen Sensei Steve limping but I think he seems OK. Oh Eck !”



And so with the debate on “cruel and unusual punishment” still raging we end another fabulous seminar. The diversity of Dentokan, its excellent practitioners, and the exuberance of the senior grades made this yet another great event.

Thanks must go to Steve Howe and the Fitness First Dojo, to the Whittington team and the Pattishall team for their help, and to our UK leadership of Sensei Chan, Sensei Spencer-Hicks and Sensei Rogers.

Most of all we thank Sensei Hobbs for his instruction, enthusiasm and leadership, and look forward to hosting him again. All across the country press-up competitions are raging....

