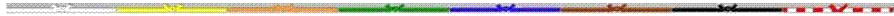




# Coolen Basic Training System

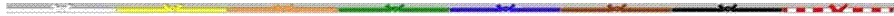
Katas & Combinations & Drills







*Life is what happens to you  
while you are busy making other plans*





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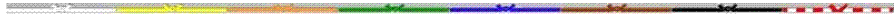
## Foreword

Ju-jitsu is not a sport, but a way of life. When you come to train in my ju-jitsu school you start an education, no obligation to do sports and learn tricks, tricks and tricks but a thorough training of your physical and mental resilience. You can train to a certain level or practice ju-jitsu as a life path, even into your old age.

Martial arts systems are not an arbitrary collection of techniques. Each martial art arises from a cultural matrix composed by the environment and is created by individuals who are the embodiment of it. The creative genius of the individuals lies in the unique way in which they expressed their individual characters and spiritual values in the martial arts they developed.

If you only practice ju-jitsu, then you practice ju-jitsu through the eyes of the teacher and you see the art almost the same as he or she does. Our achievements in ju-jitsu can sometimes be limited by the scope of the teacher's vision rather than the possibilities inherent in the art. Deepening ju-jitsu can, provide opportunities to learn from both the inside and outside. Although it is not an easy task, it is possible to dedicate yourself completely to the vision of the teacher during ju-jitsu, and then, from your own perspective, obtain a more objective vision of what you are doing and thus develop your own style.

A special thank you to Michiel Coolen, René van der Meijden and Luc Scheppers for being Tori and Uke





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## Introduction

Ju-jitsu has been constantly changing since its inception in 1939, especially in the Netherlands. Sometimes for the better, but often also to the detriment of the level of education, exam level and transparency towards the students.

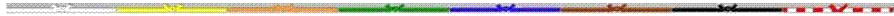
The biggest change is the evolution from a static practice form to a dynamic budo form, in which many disciplines come together again under the roof of ju-jitsu.

The Coolen Basic Training System is a follow-up to the Coolen Basic Attack System in which the responsible basis is laid for a development to the 1st Kyu (brown belt).

In the CBT-System, further necessary skills, drills, katas and techniques coat racks (combinations) are covered, explained and demonstrated to become a complete ju-jitsuka.

If an added value for a part, a QR code is included, which, after scanning, shows the video of the kata or drill in question.

In chapter 1 we see the atemi katas statically and dynamically elaborated and demonstrated. In chapter 2, the uke-waza katas are statistically and dynamically elaborated and demonstrated. The weapon katas, stick, knife, pistol and tsue, are discussed and demonstrated in Chapter 3. In chapter 4 the coat racks are demonstrated and in chapter 5 via the QR codes the movement drills, which are used in my dojo, can be seen.





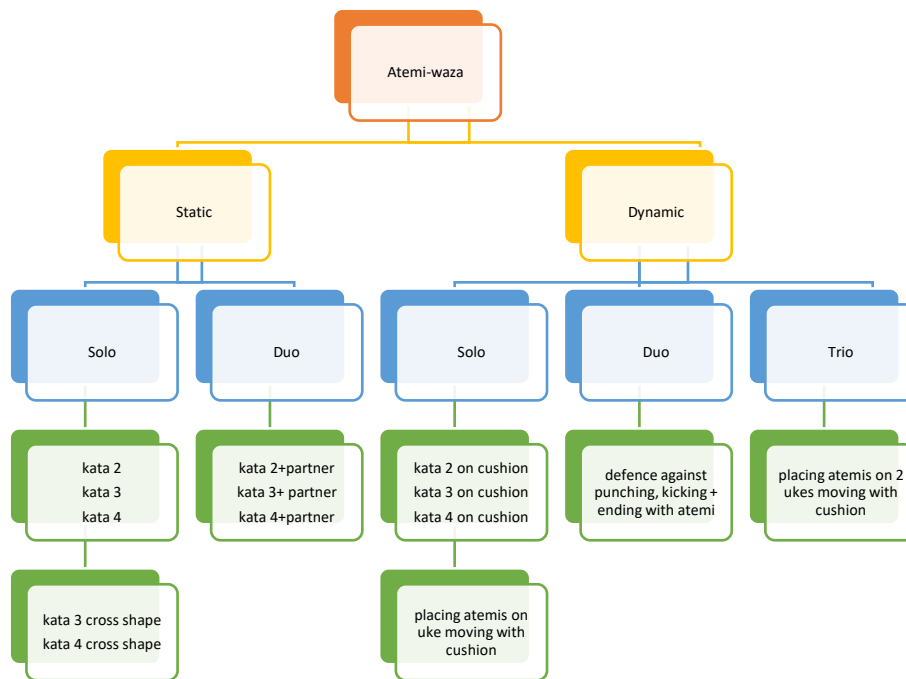
## Atemi- and Uke-waza

When we perform the Atemi-waza techniques as kata, combinations are possible and allowed. The same goes for the Uke-waza techniques.

### 1. Atemi-waza

In the atemi-waza we distinguish: Geri-waza (kicking techniques), Uchi-waza (striking techniques) and Tsuki-waza (punching techniques).

When performing the Atemi katas, I use the following model:



## 1.1. Kata 2

### 1.1.1. Kata 2 static solo

1. Jodan-tsuki right
2. Gyaku-tsuki-left
3. Hiza-geri-left
4. Mawashi-hiza-geri-right
5. Empi-uchi-left
6. Age-empi-uchi-right
7. Atama-mae-ate
8. Atama-ushiro-ate

#### 1. Jodan-tsuki on the right



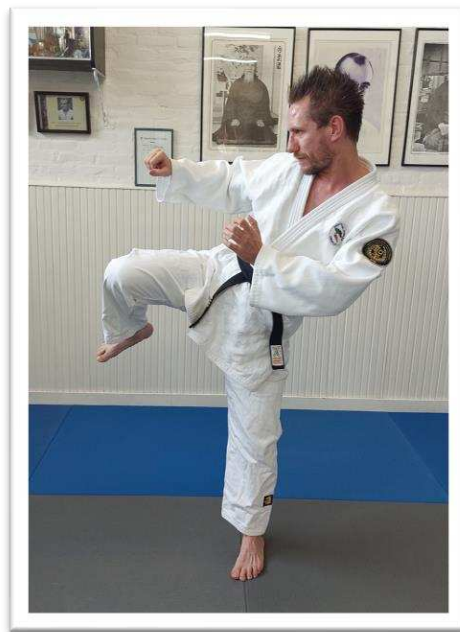
#### 2. Gyaku-tsuki-left



3. Hiza-geri-left



4. Mawashi-hiza-geri-right



5. Mawashi-empi-uchi-left



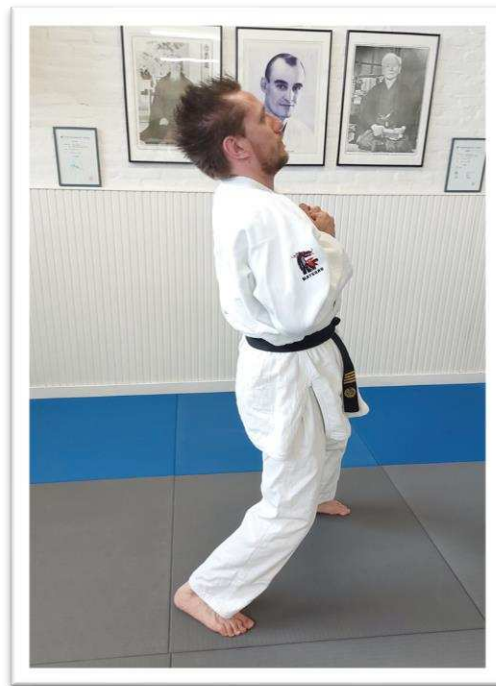
6. Age-empi-uchi-right



### 7. Atama mae-ate



### 8. Atama-ushiro-ate



### 1.1.2. Kata 2 static duo

#### 1. Jodan-tsuki right



#### 2. Gyaku-tsuki-left

