

### Juru 1 - 1



Here on the base line of the Juru it is important to look in the direction of the line on the ground and not at the opponent. Indirect vision is always used in the Juru practice and it is as important as any of the physical movements. Also one must pay attention to the height of the practitioner, not standing up straight like a boxer, having a parallel position in relation to the attacker and good bend in the knees, with the thought here of protection at a distance, keeping the center line away from the attacker and keeping the vulnerable knee joints for now far away.

### Juru 1 - 2



Now turn 180 degrees, a practice one will find useful in combat and a means of deception and unbalancing the opponent's senses. Note the hands are held in close on the pivot which allows proper hit strikes to emerge if one was attacked during the pivot. Again the height and protection of the midsection is obtained by close body positioning of the arms, body armor and well flexed legs, which still maintain the parallel position to the attacker.



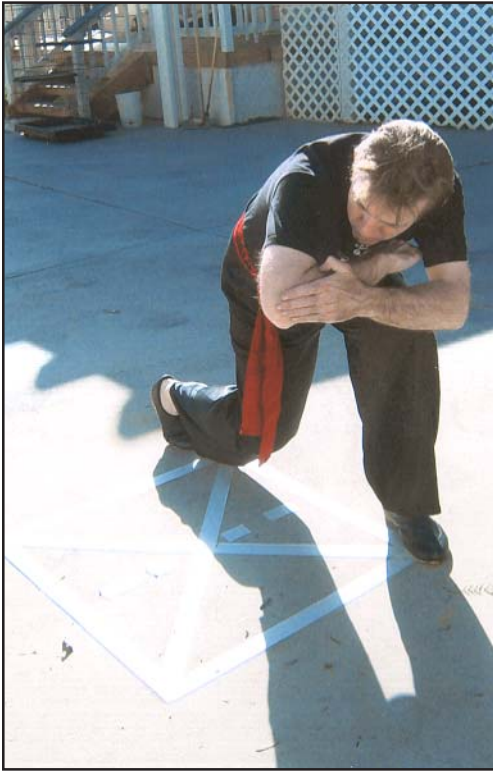
Juru 1 - 3

Now the lead hand is extended to give a false sense that the person is closer to the attacker, the end of the hand is seen as the body of the attacker, and it is placed in a low position to invite an attack over it. Here one learns to control space by creating false boundaries using parts of the body, while keeping the body in a safer zone.



Juru 1 - 4

Now imagine a punch has been thrown which is quickly grasped in a monkey grab parry. The idea of grabbing and striking right away are ingrained.



Juru 1 - 5

Here that arm that was monkey grabbed is being struck with the elbow. What is not seen is before it was struck it was quickly transferred to the left hand grasp while the right elbow is launched. Body mechanics are more easily seen in the two man practice sequence.



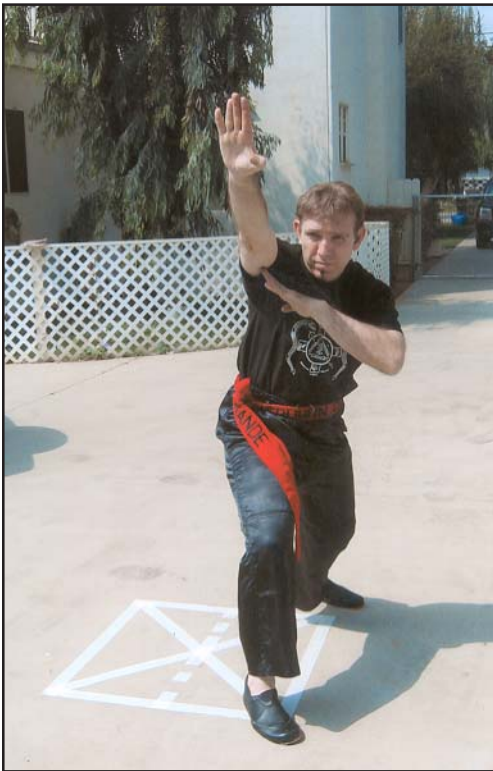
Juru 1 - 6

Here the opponent has pulled back from the grab and strike and so the defender now leaves the parallel stance and with the Principle of Adhesion follows closely while striking out with the open fingers of the right hand to eyes or throat.



Juru 1 - 7

Since the last blow was high we now practice changing the height picture so we drop out of the attacker's line of site for a moment (great way to get leg strength for a variation of height off timing while fighting). Notice the back of the neck is protected as it becomes exposed. This also evades a counter blow possibly thrown in reflex by the attacker.



Juru 1 - 8

Once again we hit low before we rise again always keeping the opponent off balance and hitting in multiple areas using various positions.



Juru 1 - 9

Juru 1 - 9 to Juru 1 - 13

The student returns to the base line through a salutary bow, looking through a triangle in the hands on photo Juru 1 - 10.



Juru 1 - 10

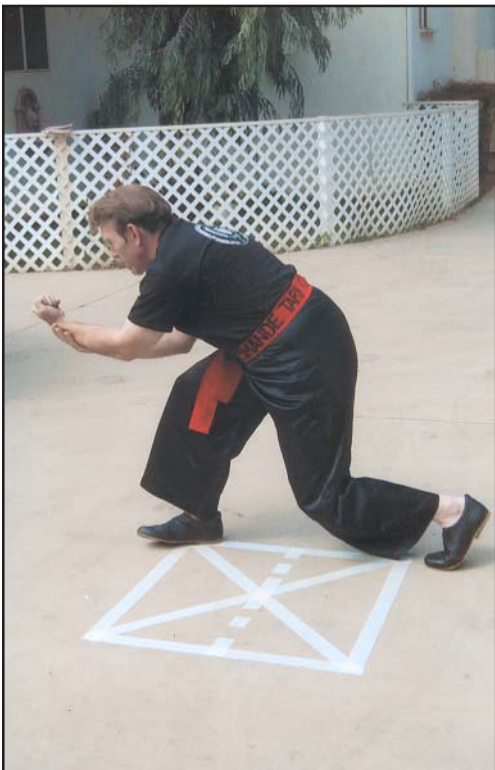
The triangle symbolizing all of the elements and animals are contained in these Jurus and ends back on the base line where it started.



Juru 1 - 11



Juru 1 - 12



Juru 1 - 13



### Juru 1 Application 1

It is very evident I am oblivious in appearance to the attacker.



### Juru 1 Application 2

I pivot and stay low and he is uncertain from which angle I may move next.



### Juru 1 Application 3

As my hand drops one can see the obvious opening I have created near my head for him to strike.

I did not advance my feet so when he does strike I am still at a safe distance.



### Juru 1 Application 4

He strikes and I hit parry his arm on the outside elbow.





### Juru 1 Application 5

Quickly I convert the hit parry to a monkey grab parry as he pushes back against my arm to rid himself of it.

Also notice I have angled my head out of harms way.



### Juru 1 Application 6

I use my body weight to pull the arm in quickly doing a take over with my left hand which frees up my right.

Moving his arm in this manner automatically invites him to also throw a left into my decoy position if he chooses.



### Juru 1 Application 7

Here one can see the cocking of the right elbow in preparation to either parry his left or continue the assault.



### Juru 1 Application 8

Here the elbow lands on his vulnerable bicep using the Principle of the Thorn.



### Juru 1 Application 9

As he pulls to escape I finally advance my right leg with him in the Principle of Adhesion striking him here high in the eye region.



### Juru 1 Application 10

As he tries to counter with a left I drop out of view protecting myself as I go low and getting in the proper position for such moves as the elbow and knee take down that is part of our advanced training.



Juru 1 Application 11 - 12

I rise here and using my back hand to further hit parry his arm out of the way.



If needed I again strike high going from my right to left.



### Juru 1 Application 13

Using the Principle of Ricochet hitting I quickly reverse the strike and now to go left to right and drop it in his throat.

This method of redirect hitting cannot be done if one is too tense on the movement so it teaches the ever so necessary trait to stay loose and fluid and tense only on impact.