

# What Is AQMAI Kokoro Kai Jujitsu Self-Defense?

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Anthony Quatrochi's Martial Arts Institute



By now, it's very likely that you've read here, or seen ads, that say that my school "just" teaches self-defense. I've had a few questions come my way about what that means exactly, so I want to elaborate a bit about what you'll experience if you train with me.

I've said before that what I teach sometimes looks like what other schools teach, and that's true. I've also said that while it looks similar, it really is not. So, how can that be?

The fundamental difference is in how we move as we defend ourselves. We spend a lot of time working to become comfortable filling, and owning, the space between ourselves and an attacker. It's not something that's quick to spot or master how it works, and often when we get a student who's had previous training in another style, it can make them hesitant to make the transition. It was hard for me, too, at first...until I understood how our martial motion made all the styles I had studied before more effective. Karate, Judo, Taekwondo, Sticks, Grappling...I've worked them all, and learning to "move" has augmented them all.

Truly, it's something you have to "feel" to understand, so let's leave that for a moment...

## WHAT YOU'LL LEARN

What else will you learn at my school? Simply, you'll learn many, many techniques to defend yourself and your loved ones, such as:

- Holds, grabs, locks and blocks—we specialize in joint locks, which quickly end a conflict.
- Striking with hands, fists, feet—whatever body part you've got available to use!
- Throws—so many kinds of throws!
- Stickwork—how to defend and attack, even if you arrive unarmed.
- Swordwork—how to defend and attack.
- Groundwork—how to get away if you're pinned and how to control someone you've pinned.
- Knife work—how to defend and attack.

- Defense against someone with a gun.
- Disarming an attacker.
- Improvised weapons—how to use anything at hand against an attacker (we had a great seminar where we used a Squishmallow to gain the upper hand in a confrontation!)
- Multiple attackers—how to defend and attack against two or more opponents simultaneously.
- Situational awareness and how to handle scenarios that can arise.
- Conditioning, flexibility and balance.
- Mental preparedness and self-awareness.

When you get far enough along in your training, we've been known to go "no rules," within reason, because simulating an experience as much as you can gives you some clues as to how you might respond when confronted with the real situation.

## SELF-DEFENSE AND MORE

So, is it "just" self-defense? Yes and no. Everything we teach is meant to give you a better chance to get home safely by yourself or with your family. That's what we focus on. Along the way, you'll gain flexibility, strength, balance, coordination, focus, discipline and self-control...and probably quite a few new friends. How does that sound? I promise you'll have fun, too. No matter how seriously we take self-defense, we love to laugh and let out that inner child. We try very hard to create ego-free students.

If you have any questions about what you can learn at my school or would like to come by and see for yourself what happens in class, please reach out or drop by! My staff and I would love to have you visit us. Anthony Quatrochi's Martial Arts Institute is located at 1299 Route 9, Wappingers Falls, in the Southside Plaza. Learn more at [AQMAI.com](http://AQMAI.com), or contact us at 845-298-2177 and [aqklkj@gmail.com](mailto:aqklkj@gmail.com). ♦