



## **An Introduction to Goshin-Ryū Aiki-Kempō Jū-Jitsu**

Goshin-Ryū Aiki-Kempō Jū-Jitsu is a principle-based martial system that blends Aiki movement, Kempō striking, and Jū-Jitsu joint manipulation and throws into a unified method of study. From the very beginning, students are taught structure, balance breaking, circular movement, and efficient body mechanics — principles that guide every waza in the system, not concepts reserved for advanced ranks.

Goshin-Ryū traces its roots to Hakkōryū under then Shihan Joseph Miller; many waza retain Hakkōryū names but were adapted for Goshin-Ryū, most commonly through the addition of circular movement and principle-driven application. The system honors these origins while continuing to evolve through disciplined study and technical refinement.

Training begins with the Mudansha curriculum, where students develop foundational movement, striking, and the core mechanics that support all higher study. As students progress into the Yudansha levels, the curriculum expands into advanced waza, internal principles, timing, and the deeper study of connection and structural disruption.

Goshin-Ryū is a living system. Its purpose is the responsible preservation and transmission of knowledge — not performance, not sport, and not imitation. Every technique reflects a balance between efficiency, control, and the ethical use of force.