

## STYLE IN FOCUS - JUKADO

In this issue **Gary Stringer** looks at the art of **Jukado**, a martial art devised by **Bruce Tegner** whose aim was to produce a multi-discipline fighting method, designed for practical use in real-life situations.

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In Ventura County, California one of the most enigmatic and influential martial artists of his generation passed away after suffering a heart attack at the age of 56 years, Bruce Tegner - born in Cook County, Illinois on October 29th, 1929. Both his parents were professional martial arts instructors teaching Judo and Ju-Jitsu, so he was immersed in the martial arts from the tender age of 2, according to Tegner himself. Over the course of the next 56 years, Tegner would study Judo (winning at least one state or national title) Ju-Jitsu, Aikido, Karate (he was awarded a 5th Dan in Shito-Ryu) as well as Japanese Sword and stick fighting methods. Tegner also trained in Savate and Tai Chi.



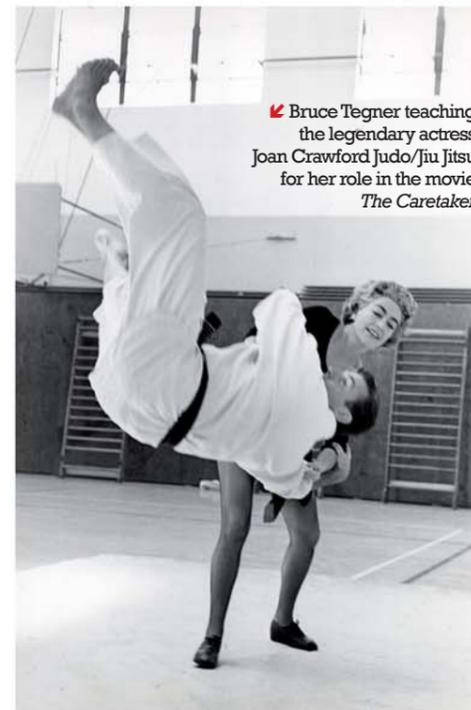
Tegner states that he was originally trained in what he termed, 'the highly traditional and stylised Asian regimen of martial arts training'. But as his understanding grew he became concerned that, in his words;

➤ Bruce Tegner - founder

# STYLE IN FOCUS JUKADO

"Much of the stylisation and formality had no place in modern application." He wanted to differentiate between, "those arts practiced for self-perfection and those practiced for self-protection." Out of this desire was born Jukado.

Like other innovators, Tegner met strong opposition to his ideas about modernising the practice of martial arts and in particular when it came down to demystifying some of the more traditional practices and simplifying techniques, making them more effective and easier to teach. Tegner wasn't alone in his thinking, another innovator, a certain Bruce Lee was saying and doing similar things, each searching to eliminate superfluous or redundant methods and techniques in a search for simplicity and practicality in actual application.



➤ Bruce Tegner teaching the legendary actress Joan Crawford Judo/Jiu Jitsu for her role in the movie *The Caretaker*

Both men were accused of being iconoclasts by those who didn't or couldn't understand what they were trying to achieve. I prefer to think of them as innovators and modernisers, seeking to simply bring the martial arts into the present day.

Between 1952 and 1967 Bruce Tegner operated his own full time Jukado School in Hollywood, teaching several notables such as the actor James Coburn (who seemed to have trained with everybody), the 1960's teen idol, Ricky Nelson and the Superman actor George Reeves as well as working as a fight choreographer for films. Perhaps his best known work is the fight scene between Frank Sinatra and Henry Silva in the original *Manchurian Candidate*. In the mid-1970s Tegner taught Judo at Moorpark College and Ventura College, both located in southern California. He also instructed U.S. military personnel and devised several training programmes for Law Enforcement agencies.

Jukado is an open source martial art, it is my belief that like Lee, Tegner intended for his art to progress, evolve and change as time went on and individuals became more knowledgeable and self-aware. Jukado is primarily a synthesis of Ju-Jitsu, Aikido and Karate and if you were to read the Jukado manual you would see that Tegner's aim was to produce a multi-discipline fighting method, designed for practical use in real-life situations.

In Jukado, emphasis is placed on technique and position, as opposed to size or strength. This is because Tegner wanted to emphasise that effective self-defence could be learned by anyone, regardless of physical ability. Indeed, he would frequently argue that the requirements for high levels of strength and fitness emphasised in many systems as a pre-requisite for practice, actually made them unusable for the very people who may most need them. Jukado training focuses on effective pressure point striking and striking positions, utilising joint posture vulnerability to render an opponent ineffective. As throws and locks are also an inherent part of Jukado all students receive proper training in break falling methods.

Jukado makes good use of the concept of commonality; that is the methodology of utilising one technique or movement series in answer to more than one attack

methodology. Instead of focusing on whether the attack is a punch or overhead blow, the Jukado practitioner looks at the movement and seeks to counter that. For example a reverse punch travels in a straight line to its target, as does the arm when someone attempts to grab your clothing or reaches for your throat, in each case the movement is essentially the same, it's the final target and intent that differs.

Jukado was officially founded by Bruce Tegner in 1963. I had begun my martial arts journey around 1965 and by the mid '70s I had discovered Bruce Tegner via his books, two of the best known are his books on Judo and Karate respectively. Unbeknown to me, Tegner had also published the *Complete Book Of Jukado Self Defence* in 1968, I didn't discover it until around 1974, but that book consisting of 256 pages and outlining the complete Jukado syllabus was to form the basis of my martial arts journey.

Inspired by Tegner I trained in the arts he had, mainly Ju-Jitsu, Karate and Aiki-Jutsu. I also tried Kung Fu and have since trained in JKD. However my fundamental approach to techniques, teaching and training was and still is influenced by Tegner and in 1979, along with a small core of students, we formed the Stringer JUKADO syllabus, based on the principles espoused by Tegner. In 1981 I took a grading in front of the formidable Meiji Suzuki at the headquarters of the then Amateur Karate Association in London, and Stringer JUKADO was officially recognised. We continue to develop the system, always adhering to the principles of simplicity and effectiveness. Students are taught concepts and principles and are encouraged to make the techniques their own, for as Lieut. General Sir Robert Baden Powell states in his booklet *Quick Training For War*. "No two situations are ever precisely the same, and it is therefore impossible to lay down exact rules that should guide in every case, but a man who carries precedents and principles in his head has no difficulty applying their teachings in supreme moments of sudden emergency."

At an MAI awards evening in 2016 I met and spoke with George Alexander and we spoke about Tegner and his contributions to modern martial arts. I have had similar conversations with many others over the years and many have stated that Bruce Tegner had in some small way influenced their training. One example of how widespread his work was is that in 1988, I joined the Police and attended the Police Training College based at Ryton-on-Dunsmore. One day I happened to see one of the self-protection trainers and sat on his desk was a copy of Tegner's book on Jukado!

In 2015 the Modern Combatives and Self Defence Academy opened its doors to the public. It was a culmination of a lifetime's study and training and a testament to a man who influenced so many and is yet almost forgotten today. If not for Bruce Tegner I would not have chosen my martial arts path that has since taken me all over the world and enabled me to meet and train with some fantastic people. Both Bruce Lee and Count Dante referenced Tegner. The task of any teacher is to show the student the way and let him make his own path. Tegner Sensei definitely did that for me.

■ GARY STRINGER

For more information please look at [www.mcsda.co.uk](http://www.mcsda.co.uk)



### About the Author

Gary is the Chief instructor at MCSDA and founder of the Stringer Ryu JUKADO system. He is an Executive Board Member of the Kodo Butoku Remnei (Old Ways Martial Virtues Federation), an International Instructor for The World Street Combat Systems Organisation, a member of the World Association of Martial Arts Masters (Japan) and The World Sokeship Council - Seishinryoku Kai. His martial arts career spans five decades and he has trained with some of the world's most famous martial artists and appeared in martial arts magazines. In 1988 *Combat* magazine dubbed him 'one of the UK's most effective martial artists'. He has recently had the privilege of being featured in *Martial Arts Illustrated* and was inducted into the M.A.I. Hall of Fame in 2016.