



# KOKORO

Vol. 17 # 1, January, 2010  
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Questions are an integral part of learning. They help me realize areas of study that require clarification. Here are more questions from BJJY members:

**Q: where do I acquire a uniform? And if it's through an outside MA Supply, is there a certain style/brand that you recommend or require? 12/16/09**

A: I would purchase the least expensive single weight [or single weave] unbleached judo gi I could find. It will last a couple of years at least. Then if you want to go with a quality judo gi I'd suggest a Mizuno white gi. Mizuno gi are also cut a little roomier for Americans FYI.

I usually get inexpensive gi for my students at my park dojo as well as my college classes. I use Mizuno because I need the roomier cut at age 66. :)

You can go to [www.goldentiger.com](http://www.goldentiger.com) [where I get my students' gi] or you can try Century Martial Arts or any online store.

**Q: Typically on ranking certificates does one put the dan name for black belt degrees or just 1st degree black belt, 2nd degree...etc.? Or does it just depend on the instructor? 12/17/09**

A: It depends upon the instructor, the dojo and/or the parent organization. I'll usually write the rank first using the Japanese term & then the English in brackets e.g.: Nidan [2<sup>nd</sup> degree Black Belt] even though it's redundant.

**Q: Recently I received an interesting class given by Sensei Wynn which taught the technique we were working on through "body positioning." I find the con-**

cept he used useful. Instead of thinking "my foot goes here, my hand goes there" you conceive of where the body is positioned. This is beginning to gel in my mind. Sometimes when I see a technique, I am not sure of what I have seen. I can almost figure out on my own that if his arm, wrist, body what have you is going to end up in a certain position, I can figure out what I have to do to put it there in the "body positioning" method. What are your thoughts on this subject? 12/17/09

A: Having your own body in the correct position [& the center of any technique] is essential to the success of the

## UPCOMING EVENTS:

### AJA Western Region Freestyle Kata Tournament

April, 2010

Santa Clarita, CA

Contact Steve Pendergrass, Tournament Coord.  
at [gfygnmn@wildblue.net](mailto:gfygnmn@wildblue.net)

### IIMAA [International Independent Martial Artists Association] Training Conference

[I'm teaching Sunday]

July 16-18

Kissimmee, FL

[www.iimaaconference.net/home.htm](http://www.iimaaconference.net/home.htm) or  
[www.iimaaconference.net/venuemainpage.htm](http://www.iimaaconference.net/venuemainpage.htm)

### Camp Budoshin 2010

October, 2010

Santa Clarita, CA

Contact George Kirby at [senseigk@budoshin.com](mailto:senseigk@budoshin.com)

### Arlington YMCA Ju-Jitsu Seminar

November 6, 2010

Arlington, VA

Info: [thomas@budoshin.com](mailto:thomas@budoshin.com)

Check out [www.americanjujitsuassociation.org](http://www.americanjujitsuassociation.org) for  
AJA Calendar of Events

### Would you like to write an article for the next issue of Kokoro?

If so, either e-mail it to me or send it to me as an e-mail attachment in a format that MS Word or Publisher can read—or in pdf format. All articles are subject to editing. I am not responsible for any content or viewpoint presented by the author of any article written/published.

technique you're executing. However, you also need to know the technique itself and how it works with your body as the center. Either one without the other makes for a less than proper execution of the technique.

You also have to have an understanding of how the technique will affect the attacker [& his momentum. With proper body positioning and technique execution you will know where your attacker will end up because it's easier to control him or move where he will be so you can easily set a submission or finishing hold.

**Q: one of the reasons we learn Ju-jitsu is to feel more confident and safe in our persons as we go about our affairs in life. Use of force can be a very delicate legal issue though. It is a big subject and of course it can depend on the context of the situation. I am a security guard for example and I know you used to be a teacher in the public schools. I understand what the law is but could you share some ideas and summary thoughts to guide our actions in a self-defense situation? How can we make appropriate judgments to be safe but also comply with the law. 1/3/10**

A: First, as I've stated in previous instances when dealing with this type of question, I am not an attorney, I am not qualified to give legal advice and I am not giving legal advice in responding to this question. For legal advice you should contact a reputable and competent attorney can give you appropriate legal advice.

What follows are my thoughts and opinions which are not legal advice.

"Use of force" refers to the amount of physical force you use to protect yourself from an attacker, or in the case of law-enforcement the amount of force necessary to bring a suspect into compliance. Protecting yourself personally and doing your job as a law enforcement person or as a teacher [hopefully acting within school policy, good judgment, and *loco parentis*] are two or three entirely different animals. Law-enforcement agencies usually have a use-of-force policy which guides officers as to what level of force is acceptable. In most jurisdictions law-enforcement personnel may move to a higher level of force than the non-compliant suspect is using in the "force continuum" but it must be reasonable, necessary, and/or justifiable [and is open to court interpretation].

If you are a civilian protecting yourself from attack you are generally allowed to use whatever "reasonable" force necessary to protect yourself and remove yourself from the situation – dependent upon the situation. A simple "block and run" may be reasonable force to use against a random hit by a drunk. Trapping the arm, knocking the assailant's teeth out, breaking his nose, kneeling him in the groin, striking him in the back with your elbow and then jumping

up & down on him once he's down [I'm exaggerating here to make a point] is obviously using "excessive" force. If a n armed assailant is moving towards you in your house and you have no expedient route of escape shooting the assailant might be considered reasonable force. Shooting him 2-3 times after he's down might be considered excessive force, dependent upon the situation. The use of excessive force can make you criminally & civilly liable even though you were initially the victim of the attack.

Unfortunately there are no black & white answers – only guidelines. This is why I guide my students to do the least they have to do to protect themselves, get away from the situation, and then notify the police or authority [a credibility issue]. Always keep in mind that whether you used reasonable force or not may end up being decided in a court of law because the "reasonable" use of force is dependent upon the "situation" at the time of the incident.

A guide you might want to look at for reference [even though some say it's outdated] is pp 156-159 of John G. Peters, Jr.'s book entitled Defensive Tactics with Flashlights.

One of the advantages of jujitsu is that it gives the trained practitioner the ability and option to use less than reasonable force [the amount of force used by the attacker] in protecting himself. As a result the issue of using excessive force may not come into play. However, this is a whole different discussion.

**Q: Thank you for your response. Oddly, your last paragraph is really the subject I was wanting to hear about. By using the words "legal" and the "law" I accidentally steered things in a different direction. It is understandable you wish to be ethical and disclaim giving legal advice. I will state my new question which is: What are some of your general thoughts on how we can defend ourselves adequately with Ju-jitsu with a minimum harm to an attacker? 1/4/10**

A: I understand your question and I hope this response isn't too redundant of my answer to your previous ques-

## PLEASE!

Come up with a simple yet "deep" Question & answer for "Yin & Yang" & it might appear in a future issue!

## YIN & YANG

What's the difference between right & wrong?

Is it black or white yin-yang?



### NIDAN & SANDAN KATA

by  
George Kirby  
10th dan Budoshin Ju-Jitsu  
Michael Langevisch, Cinematographer  
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# TWO DVD SETS!!

## NIDAN-SANDAN KATA:

This 2-dvd set contains the 21 kata required for the kata portion of the Nidan and Sandan exams in Budoshin Ju-Jitsu. These kata are from the 2008 Budoshin Ju-Jitsu Summer Camp and were recorded by Michael Langevisch in a seminar-type environment. This means there will be additional variations and subtleties presented. [Note: Kata proficiency is only one part of an evaluation for any black belt rank in Budoshin Ju-Jitsu.]



### YODAN & GODAN KATA

(1 kata missing but a few extras thrown in)  
by  
George Kirby  
10th dan Budoshin Ju-Jitsu  
Michael Langevisch, Cinematographer  
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## YODAN & GODAN KATA:

This 3-dvd set contains 19 kata [plus variations & side issues] required for the kata portion of the Yodan and Godan exams in Budoshin Ju-Jitsu. These kata are from the 2009 Budoshin Ju-Jitsu Summer Camp and were recorded by Michael Langevisch in a seminar-type environment. [Note: Kata proficiency is only one part of an evaluation for any black belt rank in Budoshin Ju-Jitsu.]

**Go to [www.budoshin.com/dvdcnd.htm](http://www.budoshin.com/dvdcnd.htm) to order these dvd sets now!**

tion.

First, you have to have an understanding of reasonable force and excessive force. Second, you need to understand that whether you used reasonable or excessive force in protecting yourself may be determined in a court of law. Third, different states and countries have different standards so there's no single rule to follow. Life is challenging, isn't it? J

So, as a jujitsu student/practitioner, what can you do to not face an excessive use of force [aka assault] charge?

Most important, you must try to use your jujitsu skills in a manner to subdue your attacker using the minimum effort necessary. There are tons of variances and unknown factors here. The other side of the coin is the old saying, "Better to be tried by 12 of your peers than carried by 6 of your relatives/friends." So, the first thing you must really do throughout your training are the three magic words: practice, practice, and practice. None of this stuff just happens after 2-3 or even 10 tries. It's a process. You must be patient and persistent at the same time.

Second, you must continuously include random street-type attacks in your training so that your responses are automatic. This response conditioning will take about a year of practice before it starts to work for you. Once your responses are automatic then you can start dealing with judgment calls based upon the increased number of techniques you've learned and can apply with minimal thinking. [BTW: Never preplan in your mind what you're going to do

in a street situation. Legally that could be called premeditation and get you in deep water.]

Third, as you get well into brown belt levels, you need to have 2 assailants at times. Black belts should deal with 3 attackers on occasion [as it's usually a humbling experience.] This will help you develop your sense of strategy & tactics [which you should also be developing with only 1 attacker] and involves a general awareness of your immediate environment.

Fourth, have an understanding of how the techniques you use in your training work and the theory behind them [which is why jujitsu sensei explain things so much at times]. If you remember what technique[s] you used in a street situation you may have to explain how they work and how they resulted in less force being used by you than by your attacker. Also, you may not be able to recall what techniques you used [mushin] until some time after the incident, so you don't need to explain that to the police at that time. [Same thing applies to if you're in an auto accident.] Take the time to calm down, think about the event, write down what happened and be comfortable with your written info before you give any detailed info to anyone – and be sure to tell them orally rather than giving them your written recollection. It's hard to take something back or alter it after it's down on a piece of paper.

Fifth, don't go looking for trouble on the street. Being polite and humble is one of your best defensive techniques. Talking your way out of a situation, including

apologies as appropriate, is always the best way to go. Your possessions can always be replaced. However, if you are physically attacked no one will deny you the right to defend yourself --- but there will always be consequences. Life is not simple.

**Q: I am interested in your Home Study Program I have experience in the martial arts already in both Yoshukai and Shotokan Karate I've been involved in martial arts ever since 1987 but I haven't had the opportunity where I live to study Ju Jitsu . I was just wondering if 2nd degree Nidan was the highest rank I could achieve in your Home study course? 1/4/10**

A: As of 11/09 dvds became available that contain the kata requirements all the way up through Godan. Of course, there are other requirements in addition to kata for dan grades shodan and up. They're all specifically contained in the Budoshin JJ Black Belt handbook and are doable. Promotions beyond 5<sup>th</sup> are honorary based not only on continued growth but what you are giving back to the art. So, it is possible to go all the way to judan if you're willing to make the commitment.

Additional requirements can also be met by attending the BJJ summer camp, other seminars, and or obtaining other dvds [a limited alternative to live instruction]. There are also useful guidelines on my website.

If you need more specific info please contact me.

**Q: I have a few quick questions regarding the brown belt (sankyu) pretest-evaluation: On the mat test, do you only require us to do 2- 4 submissions or come-alongs out of all the 25 waza? (We always practice with complete waza even when we're doing kata.) I'm not quite clear on this. If that is the case, then I'm assuming that of the 2-4 submissions or come-alongs, we can only use the same one twice out of the 4? 1/4/10**

A: The kata portion of the test is on p. 33. The waza portion of the test is on p.34 of the Student Handbook. Total is 10 kata and 15 waza –my choice. :)

The minimal requirement is 2-4 submissions in kata & 2-4 submissions in waza. If you do a submission for every kata & waza & everything is done smoothly & correctly it can only increase your scores. However, do not use a specific submission more than two times in the kata portion and not more than two times in the waza portion. Theoretically that means that the same submission could be used 2 times in kata & 2 times in waza for a total of 4 times. Top scorers tend not to repeat any submissions more than once or twice.

**Q: However, if we're demonstrating complete waza for**

**all 25 waza and 25 kata on the mat tests, can we use any submission/come-along we want? Or would you prefer us to not do submissions for all the waza and kata, only 2-4 of them? 1/4/10**

A: You will not be doing all 25 kata and 25 waza on the test, only 10 & 15 relatively as above. Again, the more complete techniques you can demonstrate well, the higher your score will be.

Please be aware that speed is your greatest enemy. If you can demonstrate the techniques correctly and smoothly that is what I'm after.

Please make sure that your back is not to the camera thus hiding submissions from my view. What I can't see I can't grade. This means you may have to execute some techniques from two different angles.

**Q: Also, I don't see any freestyle attacks on the Sankyu test. Are we suppose to demonstrate some? 1/4/10**

A: If I choose "multiple attackers" in the waza portion you may get stuck with 2-3 attackers coming at you at normal speed either separately or together. I usually save this for nikiyu or ikkyu. That's about as close as you'll get to freestyle on testing.

Keep in mind that I do not specify the technique to be used in the waza portion. It's up to you. So I consider that somewhat "freestyle".

**Q: There are a few waza on the mat test that you haven't covered up to Sankyu, like "football tackle, cross choke, baton attack, reversing opponent on mat, ground defenses." Should we use techniques from the more advanced DVDs? 1/4/10**

A: Yes. I also believe there is also a dvd dealing with hanbo/baton techniques/defenses available in the BJJ Store. Some ground defenses are shown in the 8-dvd series. Also keep in mind that many of the techniques you use for standing attacks can also be used on the ground. Experiment and you'll ultimately have some geometric growth in that area. See "Advanced Theory" in Jujitsu: Intermediate Techniques of the Gentle Art for more info on the concept..

**Season's Greetings  
and best wishes for a  
Happy New Year!**

**Q: I'm not sure my training partner will be up to doing the Sankyu test at this time because his Japanese is pretty weak. 1/5/10**

A: Have him try flip cards with Japanese on one side & English on the other. He should NOT try to memorize one and then the second and then the third, etc. This type of "active" memorization is very time consuming and comparably non-productive. He should just go through the cards reading one side & flipping the one side over, go to the second, etc. Once he has gone through the list, go through it again & again without trying to memorize. Usually this type of "passive" learning is more successful. [BTW: That's what I had to do for my sankyu.]

**Q: I lived in Japan and have learned other languages and so I already know the body parts in Japanese. The difficulty for me was in distinguishing the different techniques for the same terminology, for example: when you ask for a tekubishimi waza, there are something like five techniques called that. I am assuming that for the kata portion of the Sankyu you want the specific tekubishimi waza we learned on DVD 4 and not an earlier one from say DVD 2. Though for the waza portion we can use any technique we've learned, not just one from the Sankyu kata DVDs. Correct? 1/5/10**

A: Correct. For better or for worse [where have we heard that?] Seki used a lot of generic terminology. So if it a test asks for a tekubi shimi waza you can use any one that you've learned. However, it must be executed at a level suitable for a brown belt [error free & smooth].

**Q: Do we have to test for Sankyu prior to testing for Nikyu or Ikkyu or can we just work on those newer tech. and practice freestyle and then take one of those tests without having taken Sankyu? 1/5/10**

No. You need to progress through the brown belt rank tests. I've had people submit a shodan evaluation tape as their first tape and all of them have been major disasters – messed up on basic moves checked on in earlier ranks & then smoothed out at the brown belt level.

I have, very rarely [probably less than 4 times] tested a person for sankyu & then tested for ikkyu. Seki did that to me. Ikkyu basically means that you're ready to test for shodan. So I won't promote a person to shodan unless I'm pretty confident they can pass the shodan test. Ikkyu basically gives you time to smooth out any rough edges, get your empty-hand weapon training down, and up your theory skills.

**Q: I will probably submit the written answers for Ikkyu if that's ok with you as I can answer them pretty thor-**

**oughly now. 1/5/10**

A: No. Please wait.

**Q: Do I get extra credit for throwing a uke that is some 60-70 pounds heavier than I am? :) 1/5/10**

A: No. Just be careful with him by using controlled throws [which you should be able to do by now anyway]. Make sure you set yourself up correctly for any judo-type throws so that you're using your leg muscles to lift, not your lower back muscles to pull him off the ground.

**Q: I found the Harai and Hane Goshi to be the most difficult throws to do with my uke because of the weight. I really need to get my hip in there deep and use my legs. 1/5/10**

A: Yes, you're doing the right thing. Harai goshi was relatively easy for me to learn. I couldn't do hane goshi worth diddly until after I got to nidan – which is why I always give an option in testing. To teach harai goshi I jokingly have my students assume the "flamingo stance." [They get their partner onto their back & then lift their right leg off the ground. [They look like a bunch of flamingos, ergo the name "flamingo stance" which we all laugh at.] If they can balance their uke on their back using just their left leg then the harai goshi becomes almost a no-brainer. The hard part is getting them to sweep straight back with their right leg rather than bending it at the knee – which can be a real safety hazard as both legs can become entangled & get broken.

**Q: In the early 90's I studied under the honorable Nicholas Kring at the Claremont [CA] Dojo. I was saddened to read that he is now deceased. Can you tell me what happened. He was a relatively young man born [I think] in 1939 or 40. 1/11/10**

A: Did some backtracking to make sure I wasn't confusing Nicholas with someone else. Also my memory has to go back to the late 80's or early 1990's I believe, which was the last time I saw him or heard about him. I apologize if the info is incomplete, but it's all that I know.

Nicholas had a heart condition which required double bypass surgery. His father had had the same condition and died on the operating table many years earlier. Apparently Nicholas did not want to risk the same fate. He "said" he was just going to go to Japan & live out his days there. I do remember that the last time I met him, at our Verdugo Park dojo in Burbank, that he did not seem well. This was the last time I saw or heard from him.

Sensei Nicholas had a tremendous depth of knowledge that unfortunately passed on with him. He would visit my dojo 3-4 times a year, each time teaching part of a very sound technique he had learned, making sure we got each part right before he came back to give us

## Even a Blind Pig Finds Acorns

### Once in a While

#### [Competition And Effective Self-Defense]

by Dave Clark, Shodan

Traditional jiu-jitsu's approach to stand-up and ground fighting is all about self-defense and combat. While jiu-jitsu kata competitions and randori demonstrations exist, sport-oriented competitions are not main concerns. This is because many of the techniques used in sport-oriented situations that are very effective in a "game" or competition context are not intelligent options in self-defense and combat situations. Among other inherent weaknesses, techniques used in competition often restrain the body while leaving one or both hands free to strike extremely vital targets. One good strike or grab to the eyes, throat, groin or nerve can completely change the outcome of a physical confrontation. In competition, these and other responses are not permitted, and therefore, not a concern. Perhaps an appropriate question to ask yourself is, "How real do I want my "game" of self-defense to be?"

Obviously, rules exist in competitions for the safety of the participants. Not so obviously, these same rules commonly and artificially extend the time length of combat, making for a longer / greater show at the expense of reality. Real fights seldom last longer than several seconds because someone gets in, gets done and gets out – end of fight.

Although sport competition often encourages techniques that are inherently risky when used for self-defense, it can provide the practitioner with a "reasonably" safe forum for becoming familiar with aggressive, violent body contact. If you expect to maintain your composure and fighting ability in a real fight, this type of experience is essential.

The findings from extensive studies are presented from time to time in martial arts publications. These studies and their statistics present us with the facts that roughly 58% of fights end with one or more combatants standing throughout the confrontation, while approximately 42% of fights see the defender(s) and the opponent (s) going to the ground. (To see some examples, go to [www.streetfights.com](http://www.streetfights.com).) These facts

dispute the high percentage of ground fights quoted by Brazilian Jiu-Jitsu leaders who claim that 85% of fights go to the ground. While the percentage of sanctioned fights that go to the ground is higher, your chances of having to defend yourself on the ground remains 42% - about 2 out of 5. These facts mean that real ground fighting knowledge is necessary in complete self-defense and combat study.

The science, sport and safety involved in both stand-up and ground fighting study, done correctly, are fascinating, fun and reasonably safe. However, actual physical self-defense and combat are extremely degrading and unimaginably toxic to the human spirit and psyche – whether you are successful or not. You do not need to look any further than the extremely high percentage of homeless that are war veterans to demonstrate these facts. This said, if you want the equivalent of precise, potent, laser-guided fire power in your personal self-defense tool kit, always include these targets in your practice: eyes, throat, groin, nerves and both striking submissions and grappling "checkmate" submissions. While you are at it, you will be learning how to move with impunity when attacking any weapon – club, blade, gun or an aggressor's body or body parts.

In our dojo, each successive stand-up / ground randori session ends when one combatant demonstrates overwhelming, undeniably undefendable control of the opponent's eye(s), throat, groin, nerve center or any striking / grappling "checkmate" submission, as judged by three sensei with either majority two, or all three in agreement. This makes for both safe and effective practice, while keeping it as real as possible – admittedly in a dojo / laboratory setting.

The authority inherent in two black belts does not authenticate my observations or my advice. My experience in countless sparring sessions and competitions reveals a variety of levels of success in the learning born from losing and winning, and certainly does little to lend credence to my words. None of this swells any pride. Perhaps the only accomplishments that really matter are my seven real world self-defense situations, each one successful, as measured by my survival. Interestingly enough, all of these occurred before I got any martial arts training. Even a blind pig finds acorns once in a while.

## IT'S TIME TO RENEW YOUR BJJY MEMBERSHIP FOR 2010

Yes, it's that time of year again. I hope that I've been able to provide you with the support and information you've needed to progress in your study of Budoshin Ju-Jitsu. With 9 issues of Kokoro in 2009 year, our "quarterly" newsletter has almost become a monthly newsletter— with many thanks to those of you who submitted articles. Budoshin Ju-Jitsu Summer Camp was also a great success thanks to you.

But now it's time to renew your BJJY membership for one year [at only \$33 for one calendar year or \$125 for five calendar years—foreign renewal is down to \$40]. Membership renewal is also really simple this year. Just go to [www.budoshin.com/membershipreg.htm](http://www.budoshin.com/membershipreg.htm) and renew your membership using PayPal. If you want to pay by check or money order, just make the check or MO out to "Budoshin Ju-Jitsu" and mail it to BJJY, P.O. Box 801854, Santa Clarita, CA. 91380-1854. It's that easy. You can also sign up a friend for full-membership at \$33/\$125 or get them an Associate membership at \$22 per calendar year. It's that easy! These renewal prices are good through January 31, 2010.

REMEMBER, all issues of Kokoro will now be sent to you as pdf files [email attachment]. No more "hard" [paper] copies and no more snail-mail.

Questions or concerns?? Please contact me at [senseigk@budoshin.com](mailto:senseigk@budoshin.com).

the next part. I wish that the technology that exists today existed back then.

If you have any more current or accurate information I'd appreciate you forwarding it to me. Where did you read about his death?

BTW: The really old sensei in any traditional martial art have a depth of knowledge that is unbelievable. These sensei also understand that the more you learn the less you know. It is unfortunate that much of this knowledge goes to the graves with them unless they have a few dedicated disciples who have seriously studied under them for many many years. Learning any martial art [or anything for that matter] is a lifelong commitment that requires dedication.

So honor your "elders". Seek their advice. They may not always be right but they usually have wisdom and experience on their side.

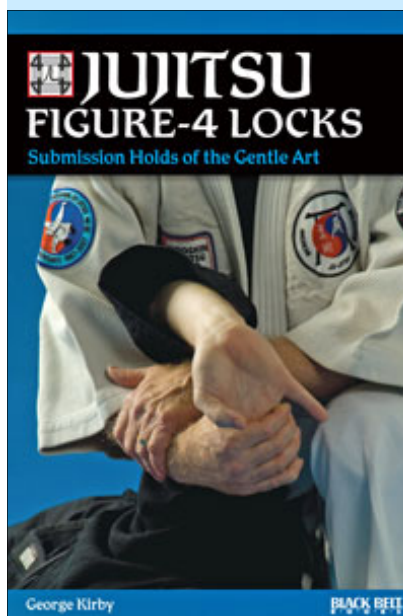
**Q: How realistic do you want us to be in executing techniques and submissions? I don't want to hurt my partner. 1/16/10**

A: The key word is "SAFETY" . Execute techniques slowly & smoothly. This way you and your uke will learn what the technique feels like if done properly. This is critical to effectively control your attacker on the street or quickly disable him.

You & your uke also have to use good judgement. If a hold is set properly he should tap out. If your goal is to get your uke completely down to the ground &/or set a lock back off a bit so you and your uke can compensate for the technique thus preventing injury to your uke.

You have to learn techniques correctly to be effective. Being "nice" to your uke won't help him or you learn.

## JUJITSU FIGURE-4 LOCKS NOW AVAILABLE!



**JUJITSU FIGURE-4 LOCKS; Submission Holds of the Gentle Art** - Black Belt Books ©2009. Did you know that 90-95% of the locks, holds, & submissions in Jujitsu are figure-4 locks? Did you know that all figure-4 locks have four common characteristics and have only four basic steps to completion? Jujitsu Figure-4 Locks will take you deep inside the theory

and concepts of figure-4 locks and then provide direct examples & applications of this "simple" hold. Once you master the concepts your ability to come up with more effective figure-4 locks will be limited only by your skills and a solid understanding of the theory of this devastating lock! JUJITSU FIGURE-4 LOCKS is now available at [books.budoshin.com](http://books.budoshin.com) for only \$18.95 plus s&h [& CA sales tax [if you live in California]].