



KOKORO

57TH YEAR!

Vol. 31 #2, February 1, 2024
senseigk@budoshin.com

Questions are an integral part of learning. They help me realize areas of study that require clarification. Here are more questions from BJJY members. Be aware that sometimes the questions and/or answers are edited to depersonalize them.

None of the question responses, opinions, or editorial content provide any legal or medical advice in any form or manner regardless of how qualified or experienced the author may be. Always consult a qualified attorney in your state if you need any type of legal advice or your physician for medical advice.

Also, the opinions expressed in any editorials are solely those of the editorial's author[s] and do not necessarily represent or reflect the views of the BJJY or its members individually or as a group.

Q: I previously earned my nidan in another jujitsu ryu before joining the BJJY to eventually earn my sandan and receive a BJJY certificate of rank. Can I test for sandan following the criteria used in my other ryu? 112423

A: To put it as politely as possible, the answer is "no". You need to go to your previous sensei/organization for that.

If I'm going to test you for sandan with the intent of issuing you a sandan in Budoshin Jujitsu, I will test you using only Budoshin Jujitsu criteria in the Black Belt Handbook.

Q: But on your website you said Seki said there are no ryu of jujitsu, only jujitsu. So why can't you test me based upon my previous ryu if, according to Seki, there are no ryu? 112524

A: Excellent response/comeback to my answer above!

As I've said before, if you put a bunch of jujitsu black belts from different ryu together, once they get past different terminology [in Japanese and Eng-

lish] and variations in technique execution, they can train together with no problems. So, what probably creates the different "ryu", are name differences, variations in technique execution, what techniques are taught, what's required for belt testing, and when, AND other instructional and/or philosophical approaches or belt requirements.

So, although Seki was/is correct, it's all of the above variations that probably result in different ryu. And because each ryu has different belt requirements and probably different "time-in'grade" requirements, if you're going to test for a particular "ryu" you must meet the promotional requirements for that ryu, some of which may be prerequisites for testing or consideration for promotion.

Q: I sent you a message via "Messenger" a couple of weeks ago. Why haven't you responded? 112623

A: I rarely check "Messenger" or "Facebook" because 95+% [— my guess] of the messaging is generic stuff or something that someone else also sent or the person's generic response to something that was sent.

I will admit that I'm not that adept with Messenger/Facebook. But email [in which I also have Spamdrain— an excellent anti-spam program] keeps me busy enough with more legitimate messaging.

UPCOMING EVENTS

The Zoom workshops will be on Saturday, February 3 & 17, from 8-9:30+/-AM.

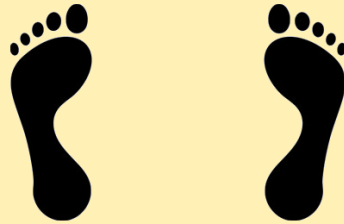
If you'd like to participate please click [here](#). If you need help with a technique or two or have some topics you'd like us to discuss, please let me know.

Ashi-Sabaki

by George Kirby



How do you stand
— “normally”?



This is the way
most people stand. This is

even the ready-position in some martial arts. Although it may be called a natural stance you can be easily off-balanced by a push or strike from almost any direction—unless you move your feet: **ashi-sabaki**. The main disadvantage of this stance is that you must step forward or backwards [hopefully not more than 1-2 steps] to regain your balance before you can effectively defend yourself.

This configuration



[left] is known as a right ready position or right tachi-waza, ideally the ashi sabaki position you want to be in for a left-handed attack by your opponent. This puts you in a strong position to deal with an attack to your right side. You can



also then step in with your left foot to execute whatever defensive technique you are going to use.

This configuration [right] is known as a left ready position or left tachi-waza, ideally the ashi sabaki position you want to be in for a right-handed attack by your opponent. This puts you in a strong position



to deal with an attack to your right side. You can also then step in with your right foot to execute whatever defensive technique you are going to use.

Also, regardless of your left or right “ready position, the space between your left and right foot [back of heel on forward foot to front of toe on back of foot] should roughly equal your body width at your hips. This will give you a more balanced and “non-threatening” position because the position of your feet and your torso will create somewhat of a triangle base for whatever you plan to do, plus you’re in a comfortable standing position, not in some sort of semi-squat or “horse stance”.

With either the left or right tachi-waza you’re ready to accept/deal with an attack. Depending on the side of the attack you can step in slightly with your forward foot to enhance your balanced position and counter the initial attack more effectively. Also you can step forward, backward, or pivot either foot backwards to remove your body from the direction of the attack—which is a lot faster than trying to side-step out of the way as it requires at least 2 steps to accomplish vs. one step for a pivot. Also, with the pivot you’re still in line to take any defensive movements/techniques immediately without additional footwork to get in place.

In essence, you’re “there”, ready at the outset of whatever you may be confronted with. You’re not stuck with a reactionary time-delay because you’ve got to put your body back into the correct position to remain balanced— **tai-sabaki**.

Once you get used to the right or left tachi-waza because your training has caused you to stand that way in the dojo, you’ll discover that something unplanned has happened. It’s going to evolve in how you stand normally. In essence you’ll always be in a tachi-waza because it feels normal to you and you’re in a balanced position — because you *ARE* in a balanced position!

So, what does this little training excerpt say about you with respect to your daily life?

First, you will carry yourself differently. You will tend to look more relaxed, confident, and comfortable about your appearance and how you move.

Second, even when around friends and family you’ll probably stand in a ready-position although no one, not even you will notice, because it’s a “natural” position for you. Personally, I’m usually [after much training] and now naturally in a left ready position [picture to the left]. I feel very unbalanced if I have to

stand with my feet straight across from each other.

Third, because you're in a balanced position you can turn your body, adjusting your feet position with minimally noticeable movement to deal with situations coming at you from different directions, whether it be turning to talk to another friend or something more serious that needs your immediate attention. Your [your body is] ready because your feet have put you in the correct position to deal with whatever is facing you.

Lastly, you need to realize that what you learn in the dojo [any martial art] or any other learning environment, will affect how you act, think, and behave. So your martial arts "training", if done properly, will teach you far more than how to defend yourself physically if need be. If you notice, most traditional sensei, probably even yours, although seemingly somewhat humble, also carry themselves well and are treated respectfully by others simply due to their demeanor and body language.

That demeanor comes from years or decades of practicing the art with a firm footing. Your footing, or **ashi sabaki**, will serve as the foundation for everything else you do, regardless of what martial art you practice. So, get your **ashi sabaki** down. It will move your body into the correct position [**tai sabaki**] and make the execution of techniques a lot smoother and easier to accomplish. That, in turn will help you build your overall skill level, your self-confidence, and effective self-defense skills [if you should ever need them]. It will also help you build your self-confidence in dealing with life's daily challenges from a more positive and reassuring position because you are "balanced".

You are "ready"!

If you want to get in touch with me please send me an email. That way our communication is guaranteed and also private.

Q: How do you know if a martial art is actually teaching you how to defend yourself on the street? Or is it just teaching you the "art"? 112723

A: If all your dojo/sensei is teaching are the techniques of your martial art you are learning kata [or forms]. There is nothing wrong with this per se as knowing how to execute techniques properly is an essential element of effectively defending yourself.

Your sensei may say that you are learning the "art" and he may be correct, dependent on how "art" is defined.

However, unless your sensei/dojo is teaching you how to respond to street-type attacks and putting you in random & continuous "street-attack" situations where you are free to use whatever techniques you've learned, you won't be learning effective street self-defense techniques.

I have seen some jujitsu ryu where the practitioners execute perfectly prearranged technique sequences [kime-no-kata] on each other with 100% cooperation. It's beautiful to watch. However, many of those same jujitsuka totally falter when confronted with random/continuous street-type attacks.

Learning proper execution is extremely important. However, nothing works "smoothly" on the street. Unless you're "trained" in dealing with random and/or continuous street-type attacks you won't have a lot of success dealing with a real street situation.

In my opinion the "art" of any martial art is the ability to use it effectively for its intended purpose: self-defense. This means that not only do you need to know how to execute the movements of your art, but how to use them [modify, change, or adjust them as necessary] in a real situation so they'll **work effectively for you**.

Q: Are there forms in Jujitsu? 112823

A: There's no clear answer here due to Japanese/English terminology interpretations and different ryu [styles of jujitsu]. However, let me try to give a relatively simple answer.

If you're referring to "forms" [a series of movements] as in many ryu of karate, the answer is "no". In many Japanese Jujitsu ryu [as well as in judo and aikido] students are taught specific moves or techniques, sometimes called "kata" [forms]. Dependent upon the attack they can put them together into technique combinations "waza". Ultimately the same kata can be used to deal with a variety of different attacks, dependent upon the situation and initial response [distraction technique?] of the jujitsuka. There are some jujitsu kime-no-kata [prearranged forms] competition where two partners go back and forth with a prearranged and often-practiced sequence. For more specific information you can go to budoshin.com or email me at senseigk@budoshin.com.

Also, please read my response to the previous question [above].

Q: Thank you for putting all the “technique helps” on YouTube and the picture helps on your website. They’ve really helped me master techniques much faster. What led you to do this? 120523

A: Somehow students, whether it be in my dojo, or by looking at training videos [mine & others] don’t usually pick up the “small stuff” of making a technique more effective and the execution correct, usually with a lot less effort. Until I point out these “finer points” to individual students in my dojo or in evaluations videos submitted by online students, they’re unaware of the problem and it’s not necessarily their fault and they end up working harder as they’re not executing the techniques correctly.

So, as a proactive measure I’ve tried to put this “small stuff” on YouTube videos or picture helps [on my website]. I really don’t care to have my students muddle through techniques, sometimes for years [as I did], until they learn how to execute a particular technique more effectively.

Also, as a professional educator I always believed that my students should have access to any materials that would help them succeed more effectively and faster.

When students test for belt exams I do check on the “small stuff”, how a hold or lock or technique

is set prior to execution, because those “little things” tend to become big problems as the student progresses to higher ranks.

There’s another, more personal reason, as well. Seki [my sensei] rarely—if ever—showed the “small stuff.” He let his students figure it out for themselves. While that approach does have a positive response in that you WILL remember fixing the “small stuff”, I prefer that my students learn the “small stuff” at the outset so they can do techniques more simply and effectively. They also usually appreciate the personal attention and support.

But then again, I want my students to do as well as they can.

Q: lol why would you attack someone who is aggressively shaking your hand, psycho ? 120623

[Note: This was the question as posted on YouTube.]

A: Excellent & legitimate question. Here’s the rationale. Most people are right-handed & that’s their strong hand.

In a potential street situation trapping your right hand through a “handshake” is a great way to reduce the “victim’s” ability to defend himself and can be a very effective lead-in to a physical attack. So, in a street situation it’s not a smart move to shake hands with a potential aggressor unless you know how to get out of that hold if necessary.

Then again, if you’re left-handed [I am], trap-

BJJ MEMBERSHIP FEES

1-Year US or international BJJY membership . . . \$45

2-Year US or international BJJY membership . . . \$85*

5-year US or International BJJY membership . . . ONLY \$150*

⇒ PACKAGE DEALS ⇐

**1 year BJJY membership + 8-mp4 Home Study Course:
... ONLY \$119.95***

**5 year US BJJY membership + 8-mp4 Home Study Course
... ONLY \$234.95***

Click on: <https://budoshin.com/membership/sign-up/>
to get your membership.

All membership certificates are sent to you as pdf files for you to download and print.
If you want “hard copies” of certificates mailed to you please contact me for shipping charges.

ping my right hand is not seen as great of a threat.

Then again, if "cousin Bubba" tries to impress you [or bring you to your knees with his "death grip", there is a really simple, non-painful move you can do with the trapped hand that will cancel out his death grip & he's still holding your hand. and standng. Clue: It's not a lock, hit or a throw, but uses a pressure point, which you press with the TIP of your right middle finger using moderate pressure [where: wrist at base of ulnar; trigger point: flexor carpi ulnaris; meridian point: LU-9].

Maybe I just need to take a couple of pix & post them on my website or post a really short video on YouTube.

Q: I promoted one of my students to Blue Belt (Gokyu) last week, at my dojo. I went to get his certificate from the AJA but I remember that he is actually set up as ab AJA member under your dojo.

Is it possible for you to request his certificate and have it sent to me (and I'll forward it to him since he is travelling right now)? I'll give you the fee for the certificate. 121123

A: No apology needed.

I checked my dojo records [Budoshin Jujitsu Dojo] and although he paid the "materials fee" for the class, he didn't pay his AJA membership fee. I also checked the AJA website to see if he was a member in 2023. If he had paid it in 2023, his membership would have been valid in any AJA member dojo he was in. So I can't help you here.

Also, the AJA issues rank certificates starting at sankyu [3rd kyu] only; no lower belts. So you might want to design your own dojo certificate unless you already have one. I'm attaching a MS Publisher & PDF version of my dojo certificate in case you or one of your students wants to rework it for your dojo. [I will change the color of the frame to match the color of their belt.]

Please extend my congratulations to your student and my encouragement to secure his next belt!

Hope I've been somewhat helpful – maybe a little bit. :)

Q: is the annual membership due every January? 122723

A: Yes. Your annual BJJY membership is good through December, 2024, and you would receive renewal notifications in December,'24-January,'25. All annual memberships, except automatic renewals — which are discounted and renew on their already set renewal dates — are due in December-January or June-July. This keeps my "paperwork" down.

Q: I just received my yodan in Budoshin Jujitsu from the AJA. What you need me to do for my Yondan certification? 122823

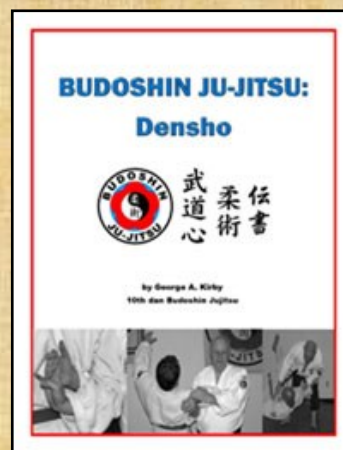
A: As you also hold a 4th dan in Budoshin JJ from the AJA NSCB, are you also still going for a yodan directly from the BJJY?

BUDOSHIN JU-JITSU:

Densho

[7th edition]

a.k.a. "The Big Book"



Notes on over 850 techniques & variations!

Cross-referenced to all belt exams, books, & videos by George Kirby!

Downloadable and accessible as a 197 page pdf file!

[You can print it up for yourself if you like.]

Only \$21.95 [no shipping charge]

For more information or to order your copy go to budoshin.com/store/

FIGHTING FOR YOUR LIFE VS. SPARRING

By Professor David A. Bellman



There are some crucial elements in all of our lives that you just have to be direct about. That is my intent when it comes to this subject.

Protecting yourself, your friends and your loved ones.

My experience in the martial arts has taught me that many practitioners

sometimes have a false sense of reality. It can be seen in practice when I observe the particular techniques that folks choose to use from their vast array of techniques that have been taught to them over the years.

Another crucial element that we all must bear in mind is kata (form) vs. practicality and reality. Another way to look at your chance of survival is by **objectively** looking at some of the analytics of the chance that a particular technique or techniques will actually be successful in a real-life street situation.

CONDITIONING FOR SPARRING

Why are you training in martial arts? Is it for health reasons? Do you wish to get in better shape? Do you want to increase your cardio signature? Those are all good reasons to train in martial arts. Each distinctive style and training method offers varying levels of healthy conditioning. But that is not the only aspect of conditioning that people tend to do.

If your intention is to condition yourself for sparring, you may find that you will tend to be underprepared for an actual street fight. It does not really matter who you spar with in class or how good your sparring partners are because it is very unlikely that sparring will have the same intensity as an actual fight. Additionally, you may also have the protection of gloves, shin guards, mouth guards and other protective gear, as well as varying levels of padding, including a mat or other forms of padding beneath you.

A street fight does not usually afford such training gear. You most likely will be fighting with bare knuckles and shoes opposed to bare feet. You may not be on solid ground. You might be on an incline, or gravel, defending yourself on dirt or sandy ground, and face countless other obstacles that you probably will not encounter in class during a sparring session. There also will not be a referee to stop the fight if someone gets seriously injured or the fight becomes unfair, such as when multiple assailants decided to make themselves part of the escalating situation.

And what happens when someone suddenly brandishes a weapon?

SPARRING VS. STREET FIGHTING

Let us explore a bit further. Do you train in judo or jujitsu, where many of your techniques are taken from traditional throwing techniques, such as hip or shoulder throws? Are you accustomed to grabbing hold of your opponent when you throw him? What if he starts punching or kicking you as you are trying to get hold of him? Have you trained yourself at blocking and deflecting as well as you have trained yourself at throwing? When you reach around with your arm to throw your opponent in a hip throw, or maneuver your arm into one of the many throwing positions that you have been taught, **have you also factored into the equation that your opponent still have a free hand available to strike you?** Has the thought occurred to you that when throwing a hip or shoulder throw, or the many variations of those types of throws, that you are **choosing** to turn your back to your opponent, exposing the back of your head to a potential incoming strike with his free hand?

If you train in traditional or nontraditional styles of karate, or other similar martial arts, do you incorporate leg sweeping techniques? How often do they actually work when you are sparring? Do your foot sweeps work because you are using sound anatomical sweeping techniques, employing correct angles, or are you whacking his foot really hard in the hope that you will be able to take him to the ground? In many cases, the way those techniques are taught and practiced incorrectly renders the techniques ineffective in an actual street fight. To sweep the foot, you need to approach the foot that you are sweeping from the front at a 45-degree angle, not a 90-degree

angle. When two 90-degree angles come in contact with each other, they cancel each other out.

When sparring or doing kumite (karate sparring), how often do fancy kicks and strikes work effectively? Enough times **where you would bet your life** on using them in a street fight?

How often do techniques within your traditional karate katas come up within your sparring sessions? Consider the time you put in practicing kata, over and over, month after month, year after year, decade after decade, then, compare that to how often you use those movements in your sparring sessions.

When you practice your katas, do you ever change up the timing and rhythm of your movements to compensate for feigning movements, broken rhythm to throw off your opponent, or movements that mentally create optical illusions to throw off your opponent's timing, rhythm or balance? Those are all necessary and realistic components of a street fight. They are also advanced applications of the internal workings of katas and their application. They help you prepare for the realistic aspects of a street fight or deadly confrontation.

MAKING YOUR TECHNIQUES WORK BETTER

One of the elements that comes with years of experience in the martial arts is being able to see people do their techniques through a filtered pair of eyes. Filtered, because you learn to focus in on the little elements that enhance the way techniques are practiced.

BENDING YOUR KNEES

It does not matter what style of martial art that you practice, or whether it is a hard or soft style, some elements of training are universal, such as bending your knees. Keeping your knees bent at all times is one important way to help reduce the possibility of seriously injury. Knee injuries often take years to recover from. Some injuries last a lifetime. The last thing you want to do is have a serious knee injury in the height of a street fight.

A knee injury could be devastating for you on multiple levels. When you keep your knees straight, bad things can happen. If you throw an opponent to the ground and your knees are locked up, your opponent can easily pull you over or onto the ground, creating more nightmares for you, especially with multiple attackers pouncing upon you.

PHANTOM STRIKES

Does it really help your training to deliver phantom strikes that will never reach your intended target?

Of course not, but students do it all of the time. It is the responsibility of the instructor to call this practice to the attention of the students. If not the instructor, who is going to tell the student? The instructors are the eyes, ears and consciousness of the dojo.

When a student takes another student to the ground, then stands straight up and down and throws a less-than-serious strike at the student on the ground, someone needs to call him out on that practice. In reality, he would never be able to actually make contact with his opponent. What you practice in the dojo is what you will likely do on the street in a real-life situation. Always train with safety in mind, but place yourself in the proper position to effectively execute a technique.

Another pet peeve I have is when a person executes a strike with his arm straight out, lacking any power within the strike. What purpose does that serve? Pull your strikes, of course, but be certain that you are able to effectively connect with your opponent, or that your students are able to effectively connect. Otherwise, it is just a lesson in useless motion. ***Motion should always have a thoughtful, effective and efficient purpose.***

RULES OF A STREET FIGHT

Have you ever sat down and read through the rule book of a street fight? I will clue you in — there is no rule book for a street fight. Anything goes.

That brings up another critical point. When you spar in class, or you are watching an MMA match for that matter, they are actually following rules set up so that practitioners cut down the chance of getting injured. In a street fight, your assailant is actually ***trying*** to hurt you. Possibly seriously!

Understand the significant difference between sparring and sports-oriented sparring and actual street fighting. Street fighting is not a sport or a game. It is for real! You need to be "for real" as well.

DROPPING TO YOUR KNEE

There are martial arts systems that teach certain techniques that involve dropping to your knee. Sometimes they are spectacular to watch, but ask yourself this question. In a street fight, on the hard

cement, is it really wise or to your advantage to choose to go down on your knee to perform a technique?

It is always wise to *expect* the unexpected to occur. For example, the person attacking you might have one or more buddies that you did not initially see. Being near the ground when multiple attackers pounce on you might not be the wisest place to be. What if your opponent suddenly changes position or moves in an unexpected way? Might you be in a place you wish you had not gone? Learn to be *smart* when you develop the tactics you may have to use one day in a real-life situation.

THE CONCEPT OF SHIN

Shin means **to have heart**, or put another way, **to put your heart into what you are doing**. If you are ever attacked in the street, up your game, so to speak. Make every movement that you do count. Put your heart and soul into every movement.

It may sound obvious to do that, but it is actually a form of a mindset. It needs to be **your** mindset. In most cases, when we train, we pull our strikes not to injure our training partner. In a sense, you need to *mentally* give yourself permission to go all out on your assailant when you are attacked on the street. In my class I sometimes tell my black belts to put more *shin* into the execution of their techniques.

THE MINDSET OF A WINNER

We do not spend years training in the martial arts, practicing our movements over and over again, practicing sparring in class, doing drills, going to contests, just so we can get our butt kicked in a real-

life situation on the street, or worse! That is self-defeating.

Do not hurt your partners in class, but have the mindset to train as a winner. I have never gone to a tournament or contest with anything in my mind except winning. That is all that there is! Whether your intent is to win a tournament, a sparring match in class or a deadly street fight, ***the mindset is the same***. **Train to win!**

THE EQUALIZER

I have brought this last point to your attention on other occasions within my articles in this newsletter. Have an equalizer. This might include carrying pepper spray with you, if it is legal where you live, or a well-sharpened pocket knife that you know how to use. If you are trained and can legally carry a firearm where you live, that is also an effective equalizer. Having a properly secured (locked) firearm in your home for self-defense purposes is another highly effective option. Never pull out a weapon on another person unless you intend on using it. If you are only using it as a threat, and the person takes the weapon away from you, there is nothing stopping them from using it on you.

OPEN EYES, OPEN MIND

I hope I have opened up your eyes and mind to certain realities that exist in the world today. How you train today, along with your mindset, may be the most crucial elements that help save your life tomorrow. Practice developing your own *shin* within your techniques.

If “yes”, I am honored. If “yes”, you have two directions you can go. If you want to go through the regular evaluation process you’ll need to follow the steps in the Black Belt Handbook or I need to know what you have specifically done thus far --- so we don’t spin our wheels. Your other alternative is to go through the cross-certification process. [See attached] or you can go to <https://budoshin.com/training-testing/cross-certification/> . The choice is yours.

Just let me know what you want to do so we can move forward. I’d need to see what you submitted to the NSCB for their evaluation. I really think a phone call may be a simple way of finding s sense

of direction for both of us.

If “no”, you’re still ok and you still have a yodan in Budoshin JJ issued by the AJA NSCB.

Hope I’m not confusing things.

Q: This is a topic that probably utilizes a more advance technique to defend against an assailant that attempts to pistol whip a person during a robbery, home invasion, or any unforeseen event of violence involving a pistol. I would like to understand if it’s wise to attempt to defend against an attack of this nature and if the person being attacked decides to defend him or herself what is the best real world

technique that can be used against an attack of this nature? 123123

A: 56 years as a sensei and no one ever asked me about this. So, my compliments to you!!

Please bear with me as I hope this isn't too lengthy of a response as there are a number of factors in play here.

1. With almost any other attack, including knife, club, etc., you need to control the attacker's body to execute a successful defense. With a gun/rifle you need to control the weapon as you don't have access to the trigger/index finger of the attacker.
2. If you are standing you have the ability to move your body by moving your feet. If seated you lose that flexibility but you have the added advantage of leverage once you control the weapon and the technique will probably move faster and be more effective. However, controlling a rifle is more difficult than controlling a gun if you are in a seated position.
3. Always assume that a gun/rifle is loaded and operating properly.

As far as techniques go you basically need both forearms up to block the blow. The hand furthest from the attacker's wrist then reaches over your other hand and grabs/traps the gun as for a number of gun defenses.

1. For a revolver if you can grab around the cylinder you can prevent the gun from firing.
2. For an automatic you have to grip the slide/barrel tight enough to hopefully jam the weapon if it is fired. [However, if your hand is over the ejection port you may receive 2nd/3rd degree burns if the weapon actually fires.
3. Once you have secured a grip of the weapon you would turn the barrel away from you around towards the attacker. From that point onward you could then execute a basic hand throw, wristlock takedown, or a gun-specific technique to injure, break, deglove the index finger, among other defense as you remove the gun from his hand. Keep in mind that as you execute any gun-specific disarm technique the weapon may fire and the bullet may strike the attacker.

It may seem that this is a very complex and iffy process, but it's not and all of this will probably happen within 1-2 seconds. It's all essentially a combination of basic movements.

There is one more factor that comes into

TRAINING PARTNER HELP?

I can send an email out to people in or near your state if you're looking for training partners.

Just let me know & I'll do this for you! Hopefully your link-up will be successful.

USE HIGHTAIL TO SEND ME VIDEOS & OTHER LARGE FILES!

You can send large files, such as belt rank test/evaluation videos, or videos of a technique you're having problems with, [up to 5gb/file] to me via my Hightail "dropbox" at <https://spaces.hightail.com/uplink/Budoshin> for FREE as part of your BJJ membership benefits.

Just click on the link above & follow the directions. Also, you do NOT have to register or sign up with Hightail to send me these video files.

To Send Me Better Belt Evaluation Videos:

1. Please make sure your uke is familiar with the techniques you're going to do.
2. Make sure your video camera, cellphone, tablet, or laptop camera is at about waist height.
3. Make sure the camera can cover the entire mat area in which the techniques will be executed.
4. Make sure your cellphone or other device is in a horizontal position BEFORE you start recording. Otherwise your video will be sideways and there's no way to fix that.
5. Do a short test video to be sure your cellphone or other device is a) recording correctly—including sound, b) is in the correct position and c) can playback properly on a computer screen.
6. Be sure to position yourself and your uke so that most of the technique execution is visible [can be seen by the device camera]. On occasion you may also repeat the technique execution from a different angle to make sure the entire sequence is visible.
7. Send a copy of your video to me using Hightail [details below], keeping the original for yourself.

play in learning anything. It's a US Marine Corp training slogan that is just three words: slow=smooth=fast. Basically it means that if you're learning something practice it slowly and eventually you'll be able to do it smoothly. Once you can do it smoothly, repetition will eventually lead to increased confidence as your speed of execution gets faster. This concept even applies to learning any physical skill.

If there's anything that doesn't make sense to you please get back to me. You've also encouraged me to hopefully make a video of this situation in the future for placement onto YouTube. There are also videos on YouTube if you look under "Budoshin Jujitsu: Gun Defenses" or in some of the Budoshin Jujitsu Seminars [see <https://budoshin.com/store/training-seminars-2-5dan-videos/> although they're all free to view on YouTube under Budoshin Jujitsu.

Addendum [010124]:

I was so concerned with coming up with a "pistol-whip" defense that I forgot to address your initial issue, "understand if it's wise to attempt to defend against an attack of this nature?"

Unfortunately there's no simple answer to this question as it's a value judgement and you may not be able to make such a value judgement at the time. You may just end up automatically reacting in a variety of ways.

On one hand, it may be "safer" to be struck with the side of a gun than being shot.

Then again the gun may not be loaded, may be malfunctioning, the attacker may just want to intimidate you, or have the wrong caliber bullet in it. [I've seen the latter.]

Then again, your automatic reaction may be to block the attack [a normal response] but you need to know what to do after the block as the second hit will probably be more aggressive.

None of these are good options. But you decide by your response to the attack.

Ideally the best option would be to give the attacker whatever he wants to avoid a physical attack to you. Things can be replaced. You can't. Effective self-defense includes not only effective physical self-defense techniques, but also the ability to talk your way out of being physically attacked.

Sometimes there are no short answers to simple questions.

On Second Thought . . .

Death Bed Promotions and Other Wishes

by George Kirby

Do you see me holding my breath here? I hope not. I'm not wheezing my last breath either.

If you don't know what a "deathbed promotion" is, it where a person claims that he was promoted by his sensei when his sensei was on his "deathbed", wheezing his last few breath, with no one else around to disprove the dying sensei's "last wish".

Thus the last person to speak with the sensei relies on other peoples trust in him, in this dire situation, that he is speaking the truth. Because who would take advantage of a revered sensei at his last moments on his death bed?

Or perhaps the dying sensei grants a wish to the sole person by his side; a wish that goes against everything the sensei has believed in and espoused for his entire life.

I've seen each of these things happen at least 1-2 times in 56 years and it's sad. It's sad, not only because it's possible that whatever his person claims may not be true, but also because this person has now placed his own credibility in doubt—regardless of what really happened.

Sadly to say, the advent of green-screens and AI makes this much easier to accomplish, although I doubt there are many martial artists who have the technical skills to pull off such fraud.

So, how do you protect yourself from people doubting you? Best answer is: have reliable witnesses to any such encounter. A video or written and signed document might also help if their integrity can be verified. This will help you keep from being thought of as unscrupulous, but if O-sensei or any other relative decides to bless you with something positive in his last words that might be challenged, you have others who will attest to what happened and support you

Yes, this whole process may be uncomfortable and awkward for you, but your entire credibility may be at stake and you don't want to be left with an argument you really can't win.

De Olde Photograph



1975 - AJA Freestyle Kata
Tournament
Olive Park Recreation Center
Burbank, CA