



KOKORO

57TH YEAR!

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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. 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: Hanshi, after reading some of your current messages, I had a thought. I have been telling you for years now that I wanted to cross certify into Budoshin Jujitsu. Well, my nephew and a few of his friends are now police auxiliary members and have approached me about training them.

As you well know I can't train them as Mixed Martial Arts (MMA) fighters. Even though I have my MMA trainers license from the state I reside in. Also, I can't train them in the Modern Army Combative system I was taught while I was in the Army because it is not conducive to Police work, especially in today's public environment.

Bottom line is how about I pay for a few memberships for them, send you my cross-certification requirements and maybe along the way get them some Budoshin Jujitsu rankings and if they really like it train them to the DAN level eventually?

Besides I need to renew my American Jujitsu Association membership anyway and I could get

CONGRATULATIONS!!



Congratulations to Nabil Abou Khaled, who just passed his nidan exam in Budoshin Jujitsu and was promoted on February 10, 2024. Nabil, a pharmacist by profession, is a student of Sensei Beshara Alraii, who teaches Budoshin Jujitsu at the CAS Club Bikfaya, Bikfaya, Mtn, Lebanon.

Nabil also holds a black belt in karate, is in charge of an adult class Japanese Jujitsu in Sensei Beshara's second dojo in Beirut (Tora Ground Dojo), and he is the only examiner assisting Sensei Beshara for the lower belt test in their academy.

it all done at once. What do you think? I thank you for your time and Happy New Year!! 010223

A: Best wishes to you for the new year. It sounds like you're "up & running." Thank you for your explanatory email. I appreciate and understand your explanation regarding MMA and MACS.

Let's deal with you first. If you wish to cross-certify into Budoshin JJ, the criteria/process are

UPCOMING EVENTS

The Zoom workshops will be on Saturday, March 2 & 16, 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.

Street Attack ≠ Fighting

by George Kirby



On rare occasion I'll get a student who wants to take my Jujitsu class so they can "fight" better. Somehow I feel like they "missed the boat" so to speak. If this confuses you, let me explain.

Fighting is a choice. You can choose to fight a person you disagree with or dislike. You

have to make a conscious decision to fight a person, as do they have a choice to fight you. Fighting, particularly between males also assumes certain rules of conduct; things you won't do because it's "dirty" fighting. However, choosing to engage in physical combat with another person also assumes some risk of injury, possibly serious, to you or your opponent. Also, you're choosing to fight also makes the assumption that you're going to "win" the fight – unless you're doing it to "save face" which probably also means that you realize that you'll probably lose the fight.

Within these parameters or any parameters, fighting simply doesn't make any sense. It doesn't prove who's right, wrong, stronger, weaker, smart, dumb, or anything else. All it may establish is who "won", whatever that means. Fighting also violates the moral values of any and every martial art. As Jack Seki, my sensei said many times, fighting another human being is the most humanly demeaning, degrading, and disrespectful thing you can do as it indicates that you behave like an animal.

In essence, you have a choice as to whether or not you're going to fight another person. However, if you're attacked on the street, you only have two choices: succumb to the attack or defend yourself to the best of your ability.

Defending yourself from a street attack is an entirely different situation with an entirely different potential outcome, morally and physically. Morally there are no "rules" for you to follow as there might be in a fight. Also, the street attacker is acting in an immoral manner. If the attacker had morals they

wouldn't be attacking you. Physically, your life may be in imminent danger and you may be fearing for your personal safety. So, [ideally within the confines of various state laws concerning "reasonable force" and/or "stand your ground"] you can use whatever skills are available to you in defending yourself. And defending yourself in a street situation is vastly different from "defending" yourself in a fight you made a conscious decision to get into.

So what makes self-defense" different from fighting. First, and most important, your number one goal is survival, not "winning". No one wins in a street attack. Second, because your goal is to survive, your intent [ideally – although that's a poor word to use] is to do whatever is necessary get away from your attacker and prevent him/her from pursuing you.

Oh, and just in case you're hoping to "submit" your attacker with a pin, choke, lock, or hold, until he "gives up", that probably won't happen. You have to ask yourself, "What happens when I let go?" Will we just part, shake hands, & go our merry ways . . . or will he continue to attack me?" If you're serious about defending yourself you have to ask yourself these questions!

So, let's get to the point! Most martial arts teach various locks, holds, throws, pins, hits, kicks, etc. However, on the street they have to be debilitating enough to prevent the attacker from continuing his attack so you can safely escape. Fortunately, when you train, you both may be sufficiently skilled and may be wearing the appropriate safety gear to take the "reasonable" physical abuse your martial art practices in the dojo.

On the street there is no mat, there is no safety gear, and your attacker doesn't know how to move in response to your technique execution or land, which increases his chances of injury tremendously - - - to your advantage. You're not engaged in a kime-no-kata [prearranged forms] competition. Submission locks and holds, combined with "maitte" or "tapping out" in the dojo are niceties that simply won't happen on the street. A simple hip throw can result in a concussion, fractured shoulder or ribs to your attacker. A hand throw can result in a broken wrist. A shoulderlock rear takedown can result in a shoulder dislocation and/or separation, even if it's a ground "submission". A palm strike to the nose or cheekbone can result in a fracture to either plus lots of bleeding.

Need I go on? Techniques do what they're supposed to do due to your street attacker's ignorance or resistance. It's not your goal to hurt or in-

jure them, but to prevent them from hurting you. Also, if you're sufficiently trained in responding to street-type attacks, you probably won't have any memory of what you actually did [due to mushin] until you've had time to calm down and reconstruct what happened. If you can explain how mushin works I would think it would be very difficult to establish that you injured your attacker with "intent".

If Japanese Jujitsu sensei [and other martial arts] are doing their job, they will explain the intent and outcomes of any holds, locks, pins, hits, kicks, etc., so their students understand the seriousness and implications of what they are physically doing. It is a sensei's responsibility to be honest and forthright with his students. If students/practitioners know what their technical knowledge will allow them to do, they will not be as surprised and shocked when their attacker is debilitated or seriously injured [unable to continue their attack] due to the use of effective self-defense skills.

If a potential student asks to join my class so he can fight better [within the definition I gave at the start of this editorial] I'll point him to the door. But if he wants to be better able to defend himself if attacked and is willing to accept the strong philosophy of non-violence, which is a serious component of all traditional martial arts training, then I will welcome him into the dojo.

In summary, fighting and self-defense are two entirely different things. For your own safety you should never confuse the two. With the former you have a choice of walking away. With the latter, hopefully you can walk away.

Note: Hopefully you have also read Prof. David Bellman's similar article, but with a different take, in the February issue of Kokoro [last month].

listed at <https://budoshin.com/training-testing/cross-certification/> and also attached. The process is handled by Sensei Marc Tucker, my top black belt. If you follow the specified procedure you should be able to make it. The only things I'd require to start the process would be the date you were promoted to godan in your ryu of Jujitsu. There's also a fee of \$25-35 for the evaluation process.

Once you get your godan in Budoshin JJ you can then "start your own dojo" and promote your students up through 4th dan in Budoshin JJ. If you decide to go that route I'd suggest AJA affiliation [and membership for your students] as it provides a great

liability insurance package for you as part of the membership.

Concurrently or separately [if you don't want to start an AJA dojo] your "students" could get their BJJY memberships, and then test directly through me, up through 4th kyu via video [following the Student Handbook criteria] and then through Zoom "live" starting at 3rd kyu. Please let me know if you need the Student and/or Black Belt Handbooks and I'll send you a pdf copy of each.

Their BJJY fees. I can discount one person to \$25 [Budoshin-Online newsletter of 1-1-24] & the rest I can discount to \$35 for the first year. Depending on the success of "your program" I'd probably keep it at \$35/yr/student unless they want multiple year memberships & those are already discounted. Please be aware that you cannot call yourself an "official BJJY dojo" for liability reasons. However, you can claim to be a BJJY certified blackbelt/instructor teaching the Budoshin JJ curriculum.

Also, as you stated, you needed to renew your AJA membership for 2024. So here are the total costs:

AJA fee	\$28 [incl postage]
Cross Certif Eval	\$25 [no certificate fee]
1 st Student BJJY	\$25 [1 st year]
Each additional BJJY . . .	\$35

You can total this up to decide what you want to pay at this point. Let me know and I'll send you a PayPal PayNow email for your "package payment".

I hope this works for you. If you have any questions or concerns or you'd like to discuss a different membership "package", please ask. I'd like for both of us to have a clear road ahead of us on both of these items. If you want to just pay your 2024 AJA fee at this time please go to <https://budoshin.com/membership/sign-up/> and click on "American jujitsu Association Membership" at the top of the page.

Please let me know what you want me to do.

Q: I've been looking through the Black Belt Handbook and I'm concerned about the mat exam requirements. Am I expected to do everything that is listed for the mat exam? For example, for the sandan exam it seems I have to also redo ALL of the mat exam requirements for shodan & nidan. Is this correct? 011124

A: A simple answer is "no". I'm not into physically exhausting you on any type of mat test. I do tend to be selective and tend to choose only parts of the

total mat requirement. However, you need to be capable of performing well in all areas. If you do well as I move through the mat exam I'm inclined to not ask for as much because your performance thus far has been good or better than good and I'm not looking for anything that will clear up any doubts I might have about your skill/knowledge level or improve an otherwise low score.

Essentially, any test can only be a sampling of what a student can do— at any rank or in any subject. That's the approach I take.* My other reason for this is because I believe a test should be a positive demonstration of your capabilities to other observers. I wouldn't be testing you if I felt you couldn't meet the criteria.

** As a school teacher I knew there were many ways to measure a student's growth other than just formal tgrade was based on formal test scores in my classroom esting. That's why only 30-35% of a students' total The same applies to how I base promotions in jujitsu. There's a lot more to a person's capabilities, especially at the black belt level, than what can be shown in a mat exam— regardless of low long or detailed it is.*

Q: Why do you provide so much information on your website? It seems overwhelming. How does a reader absorb it all? 011624

A: Yes, there is a lot of info on my website. One of the things I learned as a public school teacher was that if I gave my students a synopsis of what I was teaching, plus how to do almost every type of assignment for the semester, they usually had better control of their progress and success in my classes. My website follows the same philosophy. All the information & requirements are up front AND there will be no surprises. Students did appreciate that approach and it made the classroom a more positive learning environment. Plus, I could spend a lot more time working one-to-one with my students.

Q: Do my student(s) need to be Budoshin members in order to have their rank endorsed, or is it adequate for only me as the instructor to be a member? 011624

A: This is a decision you have to make. Although I'd like to say that they too must be BJJY members, period, I know that doesn't work. So, here are some more realistic suggestions:

- a. If you want to issue your own certificates of rank that's ok. If you want certificates of rank from the BJJY then they would have to be BJJY members. A variation of this concept would be to require BJJY membership starting at 3rd kyu so they could get BJJY certification.
- b. You might want to offer BJJY membership [which you pay for] to a couple of your students. This

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If you want "hard copies" of certificates mailed to you please contact me for shipping charges.

can sometimes encourage them to stick around and be your uke over the long term. They would also be able to test through the BJJY and earn rank. Some members have done this to keep a training partner and it has a tendency to work.

- c. Please be aware that you cannot officially promote a student in Budoshin Jujitsu unless you hold a black belt in Budoshin Jujitsu. Also, although you and your students can wear the Budoshin Jujitsu logo patch, you can claim to be teaching Budoshin Jujitsu, you may use "Budoshin Jujitsu" as part of your dojo name, and you can use the Budoshin Jujitsu instructional & testing materials, you cannot claim to be an "official" Budoshin Jujitsu dojo through the BJJY [as there are none for liability reasons.]

However, if you want to be recognized as an official Budoshin Jujitsu dojo you can apply for American Jujitsu Association membership for you, your dojo, and your students [<https://americanjujitsuassociation.org>]. They're very inexpensive to belong to and they have a great insurance package that's part of your membership package. Contact them for details.

Please feel free to call me if you have any questions or want to discuss anything here. I will work with you.

Q: When I went to purchase your 8-dvd training video set, it says the DVD's are temporarily not available. Are they now back in stock? 011724

A: Unfortunately the 8-video series is now only available in mp4 format. If you want you can burn them to dvds. However, most people who want a totally portable access copy all 8 mp4 files onto a thumbstick. That way any device that can read mp4 files & has a usb plug-in socket can play the videos.

Q: I ran into a problem performing hiki yoko nage [pp 96-97 of your Basic Techniques Expanded Edition book]. The problem was he would grab my right arm and pull and if his right foot was forward it was easy (REAL EASY) for me to perform the technique. But when his left foot was forward and he grabbed my right arm then that would pull my right side toward him, but my left side (and left arm) AWAY from him PREVENTING me from being able to grab his

right shoulder or arm to perform the move because his right side was too far away for me to grab.

Any thoughts on how to respond with his left side forward? I noticed in your book his left side IS forward, but it didn't work out for me. He would just pull my right side toward him, and my left side was jerked away from him keeping me from grabbing him. 012024

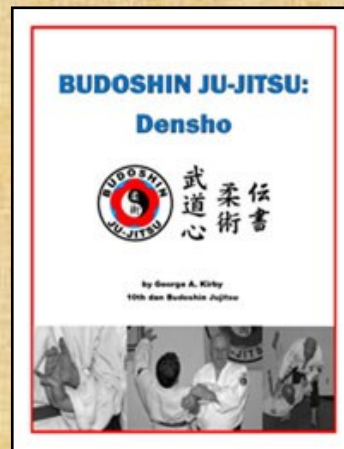
A: The key with this technique [and his original foot position is pretty much irrelevant] is to HELP your attacker go in the direction he wants to go. If he is pulling your right hand, step in towards him and you left hand grabs his right upper sleeve at the side of

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A Brief Guide to Triple Fitness

by Ernest Rodgers



Although *Triple Fitness* sounds like the title of the next blockbuster movie, the term refers to those physical activities that best COMPLEMENT martial arts (Jujitsu) training.

Many grade school kids currently seek to supplement their main sport, either in the fall or spring, with

another sport. Fall football players often run track in the spring. Spring Lacrosse players sometimes participate in fall soccer leagues. Think Michael Jordan who participated in both basketball (winter) and baseball (spring). Professional athletes Bo Jackson and Dione Sanders both parlayed football with baseball at the professional level.

A relatively recent trend is to practice a single sport year-round. This has resulted in overtraining of some muscle groups and joints, repetitive stress injuries, not to mention mental burnout. It is now recommended that young athletes participate in more than one sport (*Children's Healthcare of Atlanta*).

The same risk can be presented to the martial artist who only does martial arts. Striking, falling, lifting other people (Uke) over and over can take a toll on one's body over time. The answer is to diversify training and work with exercise that will help the martial artist with avoiding stress and strain injuries while improving performance.

What is Triple Fitness? Strength, Speed, Endurance

Strength

Weight training this includes all types of resistance training including powerlifting, circuit training, Olympic weightlifting and several HIIT workouts that use body weight as well as apparatus to include kettlebells, resistance bands and resistance machines.

Endurance

Distance running – Every boxing movie features the hero running miles first thing in the morning. This is to build the necessary endurance to fight a 10, 12 or 15 round fight.

Cycling

Swimming

CrossFit

Speed

Track – Sprinting and interval training

Swimming – 50 meters and less

Sports like tennis, racket ball and volleyball

How to Get Started

Step 1 – Decide what triple fitness activity you like

Step 2 – Define what category the activity fits in (strength, endurance, or speed)

Step 3 – Determine which days of the week/months of the year you will do this activity. This is in addition to your regular martial arts regimen.

Step 4 – As the Nike commercial says, "Just Do It"

It should be noted that different activities can be switched out as often as you want. The important thing is to practice triple fitness by ensuring activities are done consistently and support the main activity for readers here – Jujitsu.

As martial artists get older, flexibility training should be added to or take the place of one of the other Triple Fitness activities. Good flexibility activities include yoga, Pilates and even Tai Chi.

Don't Spend Money You Don't Have To

Extra gym memberships, spin cycle classes and personal trainers can be expensive. To save money, ask yourself if you can use an existing gym membership to add components of a triple fitness routine to your physical activities? Also, Running or walking outside doesn't cost anything besides a good pair of shoes.

Bicycling outside will include the cost of a bicycle and helmet, versus the cost of spin classes or group rides. Although the latter can be a lot of fun and serve as a source of motivation.

If you train in martial arts at a community recreation center, can you also use the weight room or swimming pool (if available)? Again, if you have your own pool or access to a friend's/relative's pool that can be the most cost effective option. If you live near a beach or lake, swimming can be free!

A group exercise class will be cheaper than

hiring a 1:1 personal trainer. However, the beauty of having a personal trainer is that they will better accommodate your schedule rather than you following theirs.

From most to least expensive triple fitness options, here is a brief comparison:

Personal Training – either in-home or in a commercial gym (most expensive)

Commercial Gym Memberships (e.g., Planet Fitness, Golds Gym, LA Fitness)

Commercial Boutiques (Yoga studios, Tribe Cycle, SoulCycle, boot camp courses)

Community centers and community colleges
“Friend Group” group exercise (neighbors, friends, Meetup.com groups)

At home (least expensive) however high quality equipment like weights, treadmills, rowing and elliptical machines can be initially very expensive.

Final Word

Having more speed and greater endurance will make you a better martial artist at any age. Maintaining one’s strength and flexibility will also help keep the martial artist safe and hopefully, injury-free. Design your own triple fitness routine and then enjoy it.

Ernest holds a shodan in Budoshin Jujitsu

References:

Youth Sports: Why It’s Better to Be a Multisport Athlete | Children’s Healthcare of Atlanta. (n.d.). Children’s Healthcare of Atlanta. <https://www.choa.org/parent-resources/sports-medicine/multi-sport-athletes-and-overuse-injuries#:~:text=Participating%20in%20multiple%20sports%20throughout,an%20overuse%20injury%20more%20easily.>

Here are some books I like. Most are available through your local library or bookstore. There are thousands of other good sources of books, magazines and online resources:

*Hunt, K. (2020). *Beginner’s Guide to weight lifting: Simple exercises and workouts to get strong.* Rockridge Press.*

*Bortman, T. (2014). *The Bicycling Big Book of Cycling for Beginners: Everything a new cyclist needs to know to gear up and start riding.* <https://ci.nii.ac.jp/ncid/BB18434839>*

*Seibert, R. J. (2004). *Group strength training: A Guide for Fitness Professionals from the American Council on Exercise.* Coaches Choice Books.*

his shoulder [not the front – see] rather than pulling away.

The key/ki is to move in the direction he is pulling you so you become the center of the circle. Then, pivot around his left side in a counterclockwise circle]. Your left hand then also pulls in a counterclockwise circle. Your right foot becomes the center of the circle and your left hand becomes the exterior/circumference of the circle, also pulling in a counterclockwise circle. In essence you’re using his pulling energy of his pulling your right arm, thus spinning him around, causing him to lose his balance & fall.

If he pulls your left hand the above directions are opposite.

Q: Ok, I guess I just have to work on it. I actually already understood everything you said. But it was not working because his right side was so far back. And his energy/ki was going to his right, not his left, so it was hard to grab his right side and turn him to his left. 012224

A: Suggestion – and let me know how it works. If he’s pulling you to his right side try grabbing his left arm at his shoulder or just above his elbow, and step around to his right side, moving your right leg back in a clockwise circle. It’s essentially the same technique done to the other side. If your grabbing his left arm just above his elbow, be careful though as it will be very difficult for your uke to do any decent sort of fall. If not careful he will end up face first onto the ground or in a head-first “pile”, for lack of a better phrase.

Q: Thank you for a great discussion today at the Episode #67 Zoom meeting [Jan 20]. I really enjoyed the conversation and getting to meet you and everyone online.

I apologize that this is the first meeting I’ve been able to attend. As I mentioned, I normally teach every Saturday and that’s the reason I haven’t been able to attend in the past.

I hope I’ll be able to attend the next one.
012024

A: Thank you for joining us. The strength of these Zoom meetings is in the diversity of wisdom, experiences, and positions taken on the issues.

I have added you to the "Zoomer" specific list so that you will receive all announcements.

Hopefully you'll be able to join us on occasion in the future - -without bad weather, etc., keeping you at home.

Take care and keep warm. Please give my best to your students.

Q: last week we were training and I was working on waza. I was having my uke attack me randomly with various attacks without me knowing which attack it was (I know this is something I'm gonna have to get proficient at). First we warmed up with koshi nage. We each did about 20 to 30 set-ups. I know that once an attacker is on my hips the throw is pretty easy. But getting him there in a smooth fashion without him preventing me from doing it is the hard part. So we just did repetition after repetition working on that, the set-up. 012024

A: Repetition helps set up a subconscious memory pattern [mushin?]. Follow the USMC saying on getting anything down well: slow = smooth = fast. So don't make speed your priority item. Speed will develop as proficiency improves.

Q: With the random attacks I had no problem parrying, side stepping, and avoiding the attack. The difficulty was executing a "Budoshin" technique without knowing which one to use. 012024

A: Again, take your time responding. If you have practiced sequences they will eventually come naturally. When you respond to random attacks you don't need to think about which attack to use unless you're practicing slowly.

Q: I tried to find your 8-mp4 series on YouTube to help me with a technique, but they are no longer there. What happened? 012124

A: I believe it's called a copyright violation that was brought to the attention of YouTube. If I need to explain further please let me know.

Q: I don't know how much I could contribute in the Zoom class. Everyone there seemed to be a teacher in Jujitsu and had alot of knowledge. I

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.

would mostly just be silent and maybe ask a question once in a while. 012423

A: Knowledge is relative and questions are important. Even if you were to just observe it might be worthwhile to you, and there's nothing wrong with asking a question if something appears unclear.

When I was a school teacher I got a lot of good teaching ideas from my students. Also, when we had class discussions, as long as students were paying attention [by looking at their facial expressions & eyes, I knew they were taking it in & that was what was important. Sometimes I'd ask a "silent" participant for their thoughts on an issue and their positive responses were often enlightening. Once they realized that they wouldn't be criticized for expressing their opinion[s] [even if I disagreed], they became more active participants.

So, you're more than welcome to attend. These Zoom discussion are open to all martial artists & sensei, not just jujitsu sensei. Who knows, you might say or ask something that blows everyone's minds!

3 EASY WAYS to PAY!

PayPal: The most common way to pay for memberships & merchandise. There's usually a credit-card option here.

Zelle: If you bank at almost 7,000 other financial institutions in the US, [check <https://www.zellepay.com/get-started>], you can use Zelle to send money directly to my checking account. Email me for total prices including shipping for the items you want before paying with Zelle.

Skrill: Good for those of you who don't use PayPal, especially international purchasers. Go to www.skrill.com for more info. Email me for total prices including shipping for the items you want before paying with Skrill.

Please **do not** send checks or money via Western Union [numerous restrictions, time constraints] unless there are no other options open to you. Any checks from foreign countries must be payable from a US bank and will have a minimum 10-20 working day processing delay due to banks' check clearing procedures. The three choices above **in red** will give you the best opportunities for the quickest shipping turnaround.

Q: I just signed up for your website course with one year of membership. Can you tell me if you also sell Gi's as well? I may have missed this, but I did not see them for sale on your website. If you don't sell them, do you have a recommendation? Also, do you sell a patch for Budoshin Ju Jitsu? 012224

A: No, I don't sell judo gi or any uniforms.

I recommend that you go to <https://www.goldentiger.com> and get their GTMA single weave judo gi [white with no patches or anything on it]. They're good gi, will last years, & I've dealt with the company for years. If you have a resale tax # &/or convince them you're a martial arts school, you may be able to get discount pricing. If you're "heavier set", you might want to consider a "Fuji" brand single weave white gi as they're "roomier". You might have to shop around a bit for that brand as prices do vary online for the same product.

Patches & emblems are available on my website at <https://budoshin.com/store/photos-emblems-merchandise/> . You'd probably want the Budoshin Jujitsu &/or Budoshin Jujitsu Yudanshakai [white background] emblem[s].

Q: Can you please refer me to and / or provide information about studying a PhD in MARTIAL ARTS DEGREE? 013124

A: I really can't make any recommendations here. Your best bet is probably to go to any online browser and enter "Martial Arts PhD." You'd really have to go into the degree criteria, the college's accreditation, [and possibly the cost] to determine if such a degree or college/university is really legitimate and credible. There might be a few credible ones. But there are also some that are diploma mills. Same applies to some martial arts organizations. You need to look at and compare criteria and accreditation.

As always, it's consumer beware!

De Olde Photographs



AJA Convention

July 8, 2006

Towson, MD

Were you there?