

Zoom Workshops



[Budoshin Jujitsu: Zoom Workshop Aug. 1, 2020: Technique Fixes –YouTube video](#)

This is the first of a series of Zoom videos dealing with various elements of traditional jujitsu techniques. This workshop is an open-ended seminar covering a variety of topics. So the workshop went in whatever direction the participants guided it. Length: 1:07:20.

[Budoshin Jujitsu: Zoom Workshop Sept. 5, 2020: Kuzushi Maneuver – YouTube video](#)

In this workshop we presented options on dealing with bigger attackers, the role of osoto gari, and an introduction to Ju-Shin [updating and ancient exercise]. Length: 0:25

[Budoshin Jujitsu: Zoom Workshop Oct. 3, 2020: The Search for Taisho – YouTube video](#)

This workshop dealt with issues pertaining to kicking defenses [blocks, deflections & tactics], multiple attacker strategies and tactics, the value of techniques transitioning skills, and effective ways to execute and elbow roll.. . Length: 1:11:39.

[Budoshin Jujitsu: Zoom Workshop Oct. 17, 2020: Shuhari – YouTube video](#)

The three topics for this workshop were 1] the Covid-19 impact on your dojo & how you've changed student instruction/training, 2] proper armbar setup and figure-4 fingerlocks & variations, and 3] each instructor presenting their two most effective or practical self-defense techniques. [Unfortunately the first few minutes of this workshop are missing.] Length: 1:10:38.

[Budoshin Jujitsu: Zoom Workshop Nov. 7, 2020: Tanto! — YouTube video](#)

This workshop deals exclusively on how to deal with a variety of knife thrusts and swipes. Different sensei also present their approaches to dealing with various attacks. Also shown are how to deal with an attacker who's pulling a knife out of his pocket or who has kept it concealed until the moment of attack. Length: 1:33

[Budoshin Jujitsu: Zoom Workshop Nov. 21, 2020: The Kinesiology Challenge — YouTube video](#)

This workshop concentrated on how the body moves with respect to martial arts techniques. The initial discussion was how the child-parent joint relationship affected the execution of techniques. The concept was then applied to counters and reverses for some jujitsu techniques as well as the role of the practice of technique to counter to counter, etc, for the purpose of establishing muscle/brain memory that would help practitioners operate from a state of mushin [no conscious thought] in street situations. Length: 1:35

[Budoshin Jujitsu: Zoom Workshop Dec. 5, 2020: Options -- YouTube video](#)

This workshop dealt with four discussion topics. Our first topic was side wristlock takedown variations. This was followed by an update on Ju-Shin, including an offer for training certification. We also covered "isolated" vs. "integrated" teaching/practice, including ways to get students to develop their reaction skills. Lastly we dealt with how Sensei Seki weeded out students who didn't have the skill to slough off verbal harassment. Length: 1:01

[Budoshin Jujitsu: Zoom Workshop Dec. 19, 2020: The Sun Tzu Algorithm – YouTube video](#)

This workshop covered three topics: how does force continuum/appropriate force relate to choosing submissions to conclude a technique, are there any technique that must be executed only one way, and the importance of Randori or sparring in real time with resistance. Length: 2:06

[Budoshin Jujitsu: Zoom Workshop Jan. 9, 2021: Convergence – YouTube video](#)

This workshop briefly touched on “appropriate” use of force. Most of the time was spent discussing differences between autonomic responses as compared to conditioned responses via mushin as a result of constant repetitive practice. An equal amount of time was spent on how to quickly harness an opponent’s ki [energy flow] and become the center of technique execution. Length: 2:04

[Budoshin Jujitsu: Zoom Workshop January 23, 2021: Détente – YouTube video](#)

Today’s workshop concentrated on three areas: 1] potential training constraints following serious injuries or surgeries, 2] the importance of “trapping” the knife hand away from the throat for knife at the front of the throat from behind, and 3] the challenges of teaching different age groups, levels of proficiency, and the issue of societal “constraints”. Additional wrist trap technique detail at the end of this video by Sensei Darryn Melerine. Length: 1:20

[Budoshin Jujitsu: Zoom Workshop February 6, 2021: Calm – YouTube video](#)

This workshop dealt with 1] the most important considerations when defending against chokes, 2] a brief discussion on what techniques students actually used in real street situations, and 3] a brief review [to be covered again in the next Zoom workshop on the a] BJJY testing process and the b] parent/child joint relationship and their importance for technique understanding and success. Length: 1:09

[Budoshin Jujitsu: Zoom Workshop February 20, 2021: Reasonable Force – YouTube video](#)

This workshop covered the following issues: 1] the BJJY testing process, 2] a review of the parent-child joint relationship in more effectively teaching jujitsu techniques, 3] how a teacher’s personality [modus operandi] affects their teaching and student retention, and 4] some differences in teaching law enforcement personnel whose actions are limited by departmental “use of force” continuums. Length: 1:19

[Budoshin Jujitsu: Zoom Workshop March 6, 2021: Kime – YouTube video](#)

This workshop deals solely with the effect of kime in jujitsu & karate techniques; the topic being presented by Sensei Thomas Gentry. Karate generally tends to follow a linear direction of kime, whereas in may be linear or circular in jujitsu. We had an in-depth discussion of the implications of the variations of kime in the martial arts with a lot of very different thoughts, all brought together in the end by Sensei Kris Kademian. This is probably one of the best, most participatory workshops held thus far. Length: 1:20

[Budoshin Jujitsu: “Episode 14: Choke Point” Zoom Workshop 032121 – YouTube video](#)

This video covers what jujitsu techniques have actually been used effectively by students in real street situations and the outcomes for those students. It also briefly covers whether nerve or small muscle movement techniques really work on the street. Additional topics covered also included how to restart your dojo after Covid [very brief discussion], the validity of Zoom testing as an alternative to live or video testing, and a lot of time spent dealing with the front headlock/guillotine choke. Length: 1:13.

[Budoshin Jujitsu: “Episode 15: Pudding” Zoom Workshop 040321 -- YouTube video](#)

In this workshop we covered the limitations and attitudes of some martial artists with respect to their level of understanding of what traditional Japanese jujitsu entails. That topic easily segwayed into the second topic, which was situational awareness and strategies as the primary goal for any short-term self defense program as well as for any martial artist who hopes to be successful on the street. A small amount of time was spent dealing with multiple attacker tactics. Length: 1:27

[Budoshin Jujitsu: “Episode 16: Full Circle” Zoom Workshop 050821 -- YouTube video](#)

Most important, I want to compliment all of the participants for finding common threads in all of the topics considered in this Zoom meeting: use of force, pressure point techniques and pain tolerance, first aid policies and practices, and how various instructors have changed their teaching approaches over the years. The back-and-forth commentary among the participants showed an excellent exchange of ideas and good communication skills. This was a really well-rounded and positive experience for everyone. Length: 1:16

[Budoshin Jujitsu: “Episode 17: Patience” Zoom Workshop 052221 – YouTube Video](#)

Today’s workshop centered on how to deal with student situations. At one end of the spectrum we had a general discussion on “difficult” students [or their parents] situations & resolutions. We then went to the other extreme of how to identify & develop emerging leaders/sensei in your dojo. Length: 1:15

[Budoshin Jujitsu: “Episode 18: Zanshin” Zoom Workshop 060521 – YouTube Video](#)

Zanshin is a concept in which the mind is at peace even though it is fully involved in whatever is currently happening. [This is one of many definitions.] However, the concept is applicable to this workshop topic of how to deal with passive and aggressive students because, each, in their own way, need to achieve zanshin to reach common ground and be effective learners facing the same challenges. Length: 1:03

[Budoshin Jujitsu: “Episode 19: Mistakes” Zoom Workshop 062621 – YouTube Video](#)

Today's zoom meeting was an unusually solid one in terms of a solid discussion of 1] comparison of different martial arts from a traditional vs. modern aspect, 2] how to respond and recover from teaching blunders, 3] pacing instruction, and 4] using proper phraseology to make a positive impression and improve your chances of success. When I reviewed the video I was tremendously impressed with the quality and professionalism expressed by the participants, particularly in dealing with the first topic in depth, which took 32 minutes of the total zoom meeting. It was the variety of interpretations that followed the same pathway that impressed me. My compliments to all of you! Length: 1:23

[Budoshin Jujitsu: “Episode 20: Ol’ Time Music” Zoom Workshop 071021 – YouTube Video](#)

Effective teaching is based upon a teacher's personality and their ability to involve their students in the learning process. This was our major topic in today's Zoom meeting. A number of good ideas to improve student involvement were presented. Time was also spent on 1] dealing with unusual dojo situations [injured students, disruptive or intoxicated observers, safe emergency exits]; 2] what's involved in hosting an event or training seminar at your dojo, and 3] how to include ukemi waza into the weekly training program [every class]. Length: 1:41

[Budoshin Jujitsu: “Episode 21: Limitations” Zoom Workshop 072421 – YouTube Video](#)

All of us have limitations in everything we seek to do. Limitations are inevitable regardless of our goals – even for martial artists and their sensei. Today's discussion revolved around limitations that sensei face due to their age, cumulative injuries, physical limitations of their students, and the need to keep your training program relevant to your students while at the same time maintaining the traditions and skill requirements of the art[s] you are teaching. Although the discussion meandered a bit, I would like to thank Sensei Kris Kademian for synthesizing the entire Zoom meeting and providing an excellent summary of the discussion towards the end. Length: 1:18

[Budoshin Jujitsu: “Episode 22: Terminology” Zoom Workshop 082821 – YouTube Video](#)

This workshop started off dealing with the value of high vs. low kicks and the use of closed-fist punches vs. open-handed strikes, the discussion segwayed into a really worthwhile discussion of referring to techniques as "tools" rather than skills related to specific martial arts. Length: 1:38

[Budoshin Jujitsu: “Episode 23: Obfuscation – The Enemy of Ki” Zoom Workshop 100221 – YouTube Video](#)

Most of this video deals with the issues of determining the value of techniques you are taught, the value of cross-certification and the approach of the BJJY to cross-certification, ascertaining what makes Budoshin Jujitsu unique among the variety of jujitsu ryu in today's world, and the value of the “kiai”, including more effective ways for students to successfully use their kiai. Length: 1:17

[Budoshin Jujitsu: “Episode 24: Unequivocal” Zoom Workshop 101621 – YouTube Video](#)

Today’s discussion workshop dealt with dealing with hand guards, whether to defend yourself standing up or on the ground, reaching for available weapons [any physical object you could use to defend yourself with], and 2-vs-1 and 3-vs-1 or 2 strategies. A few techniques were also demonstrated as parts of the discussion. Length: 1:16

[Budoshin Jujitsu: “Episode 25: Context” Zoom Workshop 110621 – YouTube Video](#)

Although this Zoom workshop was supposed to cover a variety of subjects, as in prior workshops, we spent the entire workshop discussing arm strikes v. whole body strikes in a variety of manifestations. Factors that were discussed included trying to clearly define the difference between the two, the purpose of each, dojo practice v. street reality, the issue of control – even in a state of mushin, and how training has changed over the years. For lack of a better phrase, this very smoothly moving discussion “left almost no stone unturned” recognizing different interpretations in different martial arts and contexts; the latter word becoming a major theme in the discussion. This is probably one of the best zoom discussion workshops we’ve ever had. Length: 1:31

[Budoshin Jujitsu: “Episode 26: Objective” Zoom Workshop 112021 – YouTube Video](#)

This workshop dealt with how to deal with initial contact with a threatening opponent on the street. The second topic was changing instructional and promotional standards. The second topic evolved into a discussion of generic terminology and its assets and liabilities. Both topics were then melded into a common topic of what is your objective in the street, in the dojo, as a sensei and as a student. Length: 1:38

[Budoshin Jujitsu: “Episode 27: Answers” Zoom Workshop 120421 – YouTube Video](#)

This workshop dealt with what kind of learning environment the sensei creates and his relationship with his students. There was also a discussion of the flow and circular movement of effective jujitsu techniques in a dojo and street environment. Lastly, we got into a discussion of “which” martial art is best or if there is a “best” martial art. Length: 1:26

[Budoshin Jujitsu: “Episode 28: Transition” Zoom Workshop 121821 – YouTube Video](#)

Today’s Zoom meeting dealt with the issue of teaching “practical stuff” vs. concepts and the students’ perception of the usefulness of what is taught. We also spent some time discussing what qualifies a person to teach a martial art and whether there should be some governmental controls for the confidence and safety of students. Length: 1:07

[Budoshin Jujitsu: “Episode 29: Reality & Mythology” Zoom Workshop 010822 – YouTube Video](#)

This workshop dealt with two totally different but maybe related topics, the reality of what to do in the first few moments of a street confrontation and whether the mythology of your martial art can help or hurt you. We dealt with 26 martial arts myths, debunking 18 of them and giving 8 some sense of possible credibility. But you be the judge. Length: 1:34

[Budoshin Jujitsu: “Episode 30: Reality Check” Zoom Workshop 012222 – YouTube Video](#)

Dealing with realistic situations makes you a better martial artist. In this discussion we talked about the value of padding to make blocking more effective, making gun disarms more effective and their value vs. good judgement on the street, landing skills [some mats are harder than others] and the issue of carrying any [legal] weapons on you. As of this date this was our second longest discussion group. Length: 1:42

[Budoshin Jujitsu: “Episode 31: Retirement? - - - What, there’s Retirement?” Zoom Workshop 020522 – YouTube Video](#)

This was probably one of the best and active discussions we’ve had – and the longest too. We started out discussing “ageism” as far as sensei were concerned. That very smoothly evolved into what makes a well-rounded martial arts sensei, including the many roles a good sensei/teacher has to play, so that as Sensei Kris Kademian alluded to, “your students will seek to follow in your footsteps.” Some of the subtopics we talked about will probably be major discussion topics in future Zoom meetings! Thanks to Darren Melerine for the spontaneous Zoom title, and others for more than average participation and giving the discussion a fluid direction. Length: 1:54

[Budoshin Jujitsu: “Episode 32: Sensei?!” Zoom Workshop 032622 – YouTube Video](#)

You’ve made it to shodan. Now what? In this Zoom meeting we discuss the issue of black belts actually becoming sensei rather than securing a “black belt” as part of their “bucket list” accomplishments in life – and then they leave your dojo for the next item on their “list”. To summarize, to create a sensei you need to start their training the first time they step on the mat/tatami. Training goes beyond the development of physical skills. It involves developing the ability to help others as well as a holistic philosophical attitude about what the martial artist represents. Time was also spent dealing with how technology can affect your teaching program and the variety of ways video technology can be used to enhance and sometimes expand the learning opportunities of your students. Length: 1:31

[Budoshin Jujitsu “Episode 33: Respect” Zoom Workshop 040222 – You Tube Video](#)

What role do martial arts “halls of fame” play in the martial arts community? Do they indicate sincere appreciation or recognition by your martial arts community, or can you simply buy your plaque and rent your tux to receive it? Our second topic was a limited discussion on dealing with disabled students. Lastly, we also looked at what is your role as a sensei, what kind of example are you for your students, and is being a sensei a “lifestyle” or just something you do for a period of time/years? Length: 1:15

[Budoshin Jujitsu “Episode 34: Huh?” 041622 – YouTube Video](#)

Although a small bit of time in this meeting was spent on the ethics of presenting personal [religious, political, etc] viewpoints in the dojo, our major emphasis turned out to be a discussion of the definitions of kata and waza, which quickly expanded into a discussion of bunkai and okuden. After a substantial discussion of the myriad definitions of kata and waza, we came to the realization that the appropriate use and definition of these words was dependent upon circumstances or the context they were used in. Sometimes it's amazing how transliteration between languages and phraseology can lead to both vagaries and clarifications at the same time. Length: 1:14

[Budoshin Jujitsu “Episode 35: Yudansha” 050722 – YouTube Video](#)

Earning your black belt can be a challenging task requiring patience, perseverance, and an understanding of the goals and purposes of your martial art and your sensei. In this video we take a look at some of the criteria and conditions for promotion and the desired outcomes and expectations of sensei and students. We will probably come back to this topic from various perspectives in the future. Length: 0:58.

[Budoshin Jujitsu “Episode 36: Your Dojo” 052122 – YouTube Video](#)

Although this topic was supposed to cover the different types of dojo environments regardless of your martial art, we also segued into a variety of related topics. These included liability insurance, modifying the Budoshin Jujitsu Student Handbook to meet your needs, how much technical knowledge a shodan has vs. what's available in the Densho [to expand your instructional base], and most importantly, how to keep your students [adults & kids] by keeping their interest level up. Length: 1:18.

[Budoshin Jujitsu “Episode 37: Credibility” 060422 – YouTube Video](#)

Credibility can be the most important element in your life. It can serve as a cause or result of your success in whatever you do – or your failure. In this video we deal with credibility in the martial arts, individually, dojo, organizational affiliations and promotional procedures within individual dojo and organizations. We also look at some of the abuses that detrimentally affect credibility. Length: 1:32

[Budoshin Jujitsu “Episode 38: For the Love of . . . “ 062522 – YouTube Video](#)

Although the main topics of today's Zoom meeting was discussing some of the operational aspects of running a dojo and senior sensei facing retirement or physical limitations, the major theme of the discussion seemed to center around the sensei's attitude towards teaching and helping students grow in a variety of teaching environments. Although we only had four participants the interaction between them appeared almost scripted although there was no script. Sometimes a great discussion just happens and this was another one of those times. Length: 1:23

[Budoshin Jujitsu “Episode 39: To Spark a Flame” 070922 – YouTube Video](#)

Your goal as a sensei is to be the spark to light three important flames essential to your dojo’s survival. In this Zoom workshop we look at the issues of ensuring dojo growth and quality, training students to become black belts and sensei, and most importantly, keeping your students committed and interested in staying in your instructional program. If you can succeed in all three areas your dojo will prosper. Length: 1:13.

[Budoshin Jujitsu “Episode 40: Identity” 072322 – YouTube Video](#)

This episode deals with the martial arts “culture” of your dojo, including securing free publicity, student teacher relationships, and issues of students who leave & return to your dojo with outside training, black belts who may want to venture off your “path” or actually do so, and the potential issue of losing black belts for a variety of negative and positive reasons. Length: 1:43.

[Budoshin Jujitsu “Episode 41: Change?” 082022 – YouTube Video](#)

Probably the best school principal I taught for had a sign behind his desk that said, “The only thing permanent is change.” That quote has stayed with me my whole life.

Today’s Zoom conference spent a little bit of time talking about active-shooter training and students who have an aversion to rank promotion, most of our time was spent providing me with food for thought as I consider major structural changes in 4th-5th dan promotional criteria from an emphasis on physical skills [1st-5th dan right now] to teaching skills & “giving back” for the more honorary ranks [6th-10th dan]. Although I was looking for solutions, the participants gave me more issues to consider to help me form a more transitional or hybrid approach to promotional criteria for 4th & 5th dan.

Change is always challenging. But the goal is for change to result in a positive outcome. That task is still before me. But I am grateful for the wide range of opinions that will help me make any revisions a positive experience for my yudansha and help them become better black belts. Length: 1:54

[Budoshin Jujitsu “Episode 42: Segue” 091022 – YouTube Video](#)

Although most Zoom meetings follow a set path, occasionally they segway into other related area. This episode was supposed to deal with changing some Budoshin Jujitsu black belt requirements and discussing the “rule of 3” in the martial arts, we segued into situational awareness, mushin, ground situations, maintaining your level of proficiency, reasonable force, and being self-motivated, among other topics.

Thanks to today’s participants we were able to tie everything together to make the discussion very worthwhile. We were also able to come up with a couple of topics for future discussions. A real win-win. Length: 1:42

[Budoshin Jujitsu “Episode 43: The Forest” 092422 – YouTube Video](#)

This is probably the most informal and self-directed exchange the Zoom participants have had in a long time. Although we had the formal topics of what direction the martial arts were and should be going and the issue of body language of potential victims, potential attackers, and the role of your own body language to intimidate or defuse a situation, there was also a lot of crosstalk and informal chatter on other topics that helped make this an interesting meeting. Length: 1:29

[Budoshin Jujitsu “Episode 44: Context – Part 2” 100822 – YouTube Video](#)

Today’s Zoom workshop deals with contextual misunderstandings caused by different names for the same jujitsu techniques as well as the difference between the effectiveness of techniques taught in a “quickie” 1-2 hour self defense class vs. long term participation in a martial arts program. Context can put things into their proper order of understanding if the person presenting the information is knowledgeable about the various terms for the same technique or the realities of a street self-defense situation vs. dojo practice.

It comes down to, “it’s not what you do but how you do it.” If you are a responsible sensei it is your obligation to put what you say into context and use the appropriate terminology so that you audience get correct and complete information from you. Length: 1:32

[Budoshin Jujitsu “Episode 45: Aha!” 102222 – YouTube Video](#)

Although today’s Zoom meeting concentrated on the value of “empty-hand” techniques and insight into some sensei’s progress to and through black belt levels and it’s implications, both topics seemed to bring up what are called “aha moments” of revelations that resulted in significant growth in the art. Join us for some interesting histories and perspectives in these two areas. Length: 1:38.

[Budoshin Jujitsu “Episode 46: Pressure” 110522 – YouTube Video](#)

Pressure and stress are a normal part of any street situation. Your primary survival goal is to control the level of stress and pressure so that you can effectively defend yourself. That takes practice! This video concentrates on how to control your stress level and the factors that go into achieving that goal. We also got into the side-issue of what needs to be controlled in a street situation: the attacker or the weapon. Length: 1:31.

[Budoshin Jujitsu “Episode 47: Modification” 111922 – YouTube Video](#)

We are faced with physical and attitudinal behavior modification challenges every day, whether it be from advertising, to schooling to learning a martial art. The goal is always to modify you or your behavior in some way. As a martial arts instructor your responsibility is not only to instruct students in the physical aspects of your art, but to help them establish more positive attitudinal and moral behavior so they can become better people. There is no “one size fits all” approach to this. Different students and different situations may actually cause you to modify your criteria and objectives in teaching your art. Length: 1:58

[Budoshin Jujitsu “Episode 48: Reality Check – The Three “T”s” 120322 – YouTube Video](#)

In this workshop we discussed if/how I may have changed some of the techniques taught by Sensei Jack Seki. We also discussed the issue of “tradition”; what it is, how it has changed [or has it], and its value today. That also led into a brief discussion of honorary titles for black belts and their value in today’s world. Last, we discussed the issue of adequate training for knife attacks; recognizing that training for any type of street attack must go way beyond “adequate” with continuous training against random street attacks. Adequate becomes redefined as either avoidance [removing yourself from the situation] or success [successfully physically defending yourself from the attack]. Both have the same goal: survival. Length: 1:30

[Budoshin Jujitsu “Episode 49: Growing Up” 010723 – YouTube Video](#)

What does the black belt represent? How can writing your thoughts down help you as a martial artist? These are the two topic questions for this Zoom meeting. Answering these questions for yourself can help you become a better sensei and a better martial artist. Length: 1:21

[Budoshin Jujitsu “Episode 50: Two Decisions!!” 012123 – YouTube Video](#)

For some students a street confrontation is a positive confirmation that their martial arts skills work. For most others it’s a surprise that their learned skills did work and came into play automatically. However, what happens afterwards, in terms of the stress of the event is what involves sensei. In this Zoom discussion we look into that issue from a variety of viewpoints and what your role, as a sensei, might be. Our second topics dealt with some differences between private/commercial type dojo and those run through community agencies - - and there is a difference. Length: 1:25

[Budoshin Jujitsu “Episode 51: Esoterics?” 020423 – YouTube Video](#)

This episode initially deals with martial artists outside the dojo [real lives] but then moves on to a, good discussion on mushin, zanshin, mokuso, and the relationship to the five spirits of Budo. If you’ve never dealt with these concepts in the martial arts and self-defense effectiveness this is a good episode to view. It may leave you with some questions for further inquiry, but a good discussion should do that. Length: 1:37

[Budoshin Jujitsu “Episode 52: Esoterics? \[continued\]” 021823 – YouTube Video](#)

The discussion started in Episode 51 continues based on the quest to find a Japanese word/term that is the opposite of mushin. That opposite is the “preoccupied mind.” This discussion involved the largest number of participants ever in a Zoom meeting: 11. The whole meeting also concerned itself solely dealing with ishin, mushin, and zanshin. It’s also a bit different because I used a “gallery” setup [all participants on the screen at all times] rather than the “speaker” setting [only the person speaking is on the screen]. Let me know which format you prefer. Length: 1:31

[Budoshin Jujitsu “Episode 53: Cluck!” 030422 – YouTube Video](#)

“Parent” martial arts, such as traditional Japanese Jujitsu, face a constant challenge when compared with other “parent” martial arts or their offshoots. Yet, regardless of their source of origin they all have a common foundation and limitation: movements of the human body. Also discussed in this episode was the issue of bullying and the “intent” upon which it is based. Episode 53 essentially was a discussion of which came first, the chicken or the egg? This really is a worthwhile episode to watch in spite of its length. Length: 1:57

[Budoshin Jujitsu “Episode 54: Can You Choose One?” 031823 – YouTube Video](#)

This Zoom meeting was wide ranging, from “were do you practice? a dojo, club, or gym,” to a discussion comparing “aiki” and “kiai,” and ending up with a discussion of “clean vs. dirty” techniques and the issue of reasonable force; the latter of which will hopefully be in a future Zoom discussion. Length: 1:55

[Budoshin Jujitsu “Episode 55: The Atemi Segway” 042223 – YouTube Video](#)

Although atemi waza are often referred to strictly as striking techniques, this episode looks at a more expanded definition and role of atemi waza, all the way from a simple distraction at one point or another in your self-defense response to a devastating blow that ends the confrontation. This discussion somehow managed to evolve into situational awareness and redefining your “first strike” capability to include taking preventive action to avoid a physical confrontation. Length: 1:36

[Budoshin Jujitsu “Episode 56: Some Basic Concepts” 050623 – YouTube Video](#)

Sometimes we have to deal with basic terminology that can expand into complex concepts. It happens here where “ukemi” and “maiai” and even explaining why jujitsu is referred to as the “gentle art” are all looked at from different perspectives. Are they all right? You decide as you expand your understanding of the martial arts. Length: 1:20

[Budoshin Jujitsu “Episode 57: Justified?” 052023 – YouTube Video](#)

You “defended” yourself on the street. But was your response justified? This Zoom discussion centered on the appropriate use of a chokehold for control purposes, misunderstandings about its use, and the consequences thereof. We also considered at what point does a physical or non-physical confrontation require a physical response or are there alternative actions a person can take to reduce the potential for violence. Length: 2:01

[Budoshin Jujitsu “Episode 58: Touchy Topics?” 061023 – YouTube Video](#)

What is your role as a collector of information? Do you respect what others have created? How do you deal with students who have learned another martial art? How do you deal with participant release agreement issues? Do you expect your students to be “subservient”?

All of these are important issues to you as a sensei and all can play an important role in how your students see you. Today’s discussion centers around these questions and presents some options for solutions. The choice is yours. However, to maintain your integrity as a sensei you may have to address these issues and find a solution that best fits your situation. Sometimes you have to tread lightly. Length: 1:29

[Budoshin Jujitsu “Episode 59: Teach!” 070823 – YouTube Video](#)

Teaching is a skill and a continuous challenge. Good teachers recognize the need to modify what and how they teach to meet the changing needs of their students . . . even in the dojo. This discussion covers how our sensei taught as compared to what we do today . . . and there doesn’t seem to be just “one way” anymore. Length: 1:15

[Budoshin Jujitsu “Episode 60: Awareness” 072223 – YouTube Video](#)

Situational awareness is a critical factor in avoiding undesirable events, whether it be the effects of covid on our dojos or being aware of what’s going on around you on the street. This Zoom discussion was very generalized discussion on the value of situational awareness as a conflict avoidance tool. We’re hoping to have a much more specialized and detailed presentation on the topic by Larry Alvarez within the next month. Length: 1:12

[Budoshin Jujitsu “Episode 61: 3-Flavor Soup” 081923 – YouTube Video](#)

Although we were formally addressing three distinct topics, [tai sabaki, “do” v. “jitsu”, and keeping student interest high], it all came down to looking at how we teach the same things, albeit sometimes differently from each other. This became a pretty good round-table discussion with 10 participants of varying arts, degrees, and experience. Length: 1:50

[Budoshin Jujitsu “Episode 62: Balance” 090223 – You Tube Video](#)

Morality and self-confidence are two goals that a competent sensei should be helping his student develop. But, what are they, how are these developed, and what is the hopeful outcome. This was a solid discussion of the many factors that go into hopefully developing these skills in students. Were the ancient samurai’s values pure? Find out! Length: 1:52

[Budoshin Jujitsu “Episode 63: .04%” 102123 – YouTube Video](#)

There is a world of difference between earning your black belt and becoming a sensei [about .04%] because it’s a lot more than “just teaching techniques”. This zoom discussion video delves into some of the issues that result in so few black belts becoming “sensei” and provides some suggestions to help the black belt make that important “jump”. Length: 1:39

[Budoshin Jujitsu “Episode 64: Tori/Uke” 120223 – YouTube Video](#)

A good sensei is a good tori and a good uke; continually learning and helping others learn as well. A good sensei is consistent and compassionate because he wants his students to succeed. These are also some of the characteristics needed to become an effective sensei. In this video we look at what’s necessary to become an effective sensei and why some blackbelts are inclined to it and others aren’t. We also look at the “hows and whys” of technique explanations by sensei and the role of the uke, who also is helping the tori to properly learn techniques. In summary, if you’re a good student you also have the potential of becoming a good teacher, regardless of rank. Length: 2:01

[Budoshin Jujitsu “Episode 65: A..E..I..O..U” 121623 – YouTube Video](#)

This zoom meeting dealt with basics: different kinds of ukemi, how to be a good uke & tori, cooperating to learn, technique street viability, and the core difference[s] between Japanese [a.k.a. traditional] Jujitsu and other martial arts in today’s world. As one of today’s participants said, “A, e, i, o, u, and sometimes “y” are the only vowels in our language. However, you can write a book, or books, using those vowels correctly.” The same concept applies to Japanese Jujitsu. Length: 1:35

[Budoshin Jujitsu “Episode 66: Parenting” 010624 – YouTube Video](#)

There is a commonality between parenting and traditional Japanese Jujitsu. Even though our world is small and confined as a small child, as we grow up our borders expand as we have new experiences. Traditional Japanese Jujitsu, as it is a “parent art”, shares a lot of similarities to ever broadening horizons as so many martial arts can be easily integrated into this parent art. This is a unique discussion with some challenging thinking! Length: 1:46

[Budoshin Jujitsu: “Episode 67: Survival” 012024 – YouTube Video](#)

Although this discussion started out as a discussion of Jigaro Kano’s worthwhile effort to convert elements of traditional jujitsu into a safe sport with educational value, calling his “sport” judo [gentle way], the discussion evolved into the difference between martial arts “sports” [most of them] vs. traditional Japanese jujitsu [gentle art], which was designed for self-defense. Traditional Japanese jujitsu ryu that teach the art for self-defense teach the art with a different mindset that students must adopt - - if they plan to survive a street situation. Self-defense means there are no rules, officials, submissions or tap-outs, protective gear, wins, or legal techniques, among other differences. There is only one mindset: survival. Ultimately you have to train for that environment as realistically as possible. After all, your life is at stake - - which is totally different from a win, a promotion, or a trophy. Length: 1:34

[Budoshin Jujitsu: “Episode #68: Slings and Arrows” 020324 – YouTube Video](#)

Learning any martial art is a challenge. It requires time, patience, repetition, and commitment. It also depends on what you actually want to learn or what your sensei is willing to teach you. Learning effective self defense is another story because it may require a sheath of different or additional “slings and arrows”; techniques and actions outside the normal parameters of your art, ryu, or dojo. The question is: can your sensei make exceptions to increase your chances of survival. Length: 0:51

[Budoshin Jujitsu: “Episode #69: Past, Present, Future” 021724 – YouTube Video](#)

In this episode we discuss a number of topics, concentrating on whether or not traditional martial arts have changed with the challenge or influx of martial arts trends since the 1950's and how the more traditional arts will fare in the future. We also discussed why people get into the martial arts and some reasons why all black belts aren't equal - - even within the same martial art or dojo. With 8 participants we had a lot of divergent positions and there was great interaction among the participants with very little direction necessary. Length: 1:47

[Budoshin Jujitsu: “Episode 70: Value 030224” – YouTube Video](#)

How long can you restrain a person before it becomes ineffective - - or do you have to complete the technique thus causing injury? How has MMA affected “self-defense” strategies - - has the attack emphasis changed? Why do black belts continue to train and learn - - is the unreachable goal of perfection a valid goal? These are the three main areas of today's Zoom discussion. Some of the answers are unusual, unexpected, and some are controversial. But isn't that all part of the learning process? Length: 1:28

[Budoshin Jujitsu: “Episode 71: Some Basics” 031624 – YouTube Video](#)

Some of the Zoom episodes have been fairly esoteric. This one isn't. It's very down-to-earth. It deals with core techniques/movements, random attack practice vs. the street, and tapping out/”maitte!” However, as we go through this discussion, you'll notice a couple of common threads that interlock these separate topics together with really simple and understandable relationships that even a new student can comprehend. Length: 1:41

[Budoshin Jujitsu: “Episode 72: Options?” 040624 – YouTube Video](#)

As sensei we occasionally face challenges in our dojo. How do you deal with students who want to practice another martial art during your class? Do your students get practice outside of class? How do you deal with different names, explanations, and execution of techniques when students ask about them? This Zoom episode will give you some insights and possibly some answers. Length: 1:22

[Budoshin Jujitsu: “Episode 73: Control” 050424 – YouTube Video](#)

Control is the key to success in everything you do. How much control you have over a situation will determine how much success you will actually have. In self-defense, control is the key to effectively defending yourself while “helping your attacker go where he wants to go.” Control also means that you know what your self-defense technique is doing to your attacker and controlling the impact of your technique for your necessary protection. Length: 1:23

[Budoshin Jujitsu “Episode 74: Teaching Women’s Self-Defense” 061524 - YouTube Video](#)

First, I want to thank Senseis Lisa Frazer, Wilinar Monar, Doris Chamoun, Diane Wallander, and Jodi Canapp for being a positive and valuable part of today’s discussion group. At one point we had 15 participants in this Zoom episode. Without everyone, this discussion would not have had the validity, integrity, and value it now has.

In this zoom meeting we discussed the differences between short-term self-defense classes and long-term martial arts training as well as different teaching modalities for men & women. Also covered were some of the unique differences between men and women in terms of self-defense attitudes, fighting “approaches”, prior experiences that affected training and means to overcome some of them. We also discussed the importance of successful female role models and the importance of having males and females train together for more effective learning - - - all in a 2-hour discussion. This was our longest Zoom meeting on record and probably one of our best.

More contact information on women’s martial arts groups will be in the August, 2024 issue of “Budoshin-Online”, available 8-1-24.

Length: 2:08

[Budoshin Jujitsu: “Episode 75: Challenging the Standard” 072024 – YouTube Video](#)

Most of the time your dojo moves smoothly. But on occasion students may challenge what & how you teach. How you respond determines whether it’s a positive learning experience or not. However, most of the really interesting discussion in this Zoom conference evolved from a “sleeper” topic dealing with working with students with special needs, whether they be age or injury related, or mental/physical limitations. This topic also went into the issue and value of “commitment” by black belts as well as students’ commitment to continued growth in their martial art. Length: 1:58

[Budoshin Jujitsu: “Episode 76: Black Belt?” Zoom Workshop 081724 -- YouTube Video](#)

Although this discussion started out with the topic “all black belts are not created equal,” it rapidly evolved into a discussion of what a black belt is and isn’t, as well as the varied criteria for promotion to black belt, even within a specific martial art, ryu, or organization. We even came up with a number of topics for future Zoom meetings, to include a discussion of what “subjective” criteria are used for rank promotions at this level. Length: 1:27

[Budoshin Jujitsu: “Episode 77: Black Belt Subjective Criteria - Part 1” 090724 – YouTube Video](#)

Black Belt promotions in any martial art are based upon objective [known and measurable] and subjective [not readily made available criteria. Whereas Episode #76 dealt with the more objective criteria for black belt promotions, this episode starts to delve into the subjective criteria, which is surprisingly consistent across the martial arts. We don’t know how many episodes this topic will cover, but in this video we’ll look at the issue of the candidate’s “maturity” and “philosophy”. Length: 1:31

[“Common list” of subjective criteria:](#) maturity, philosophy, attitude, setting a positive/humble example, respect, ability to excel, self-motivated, contributing to the dojo, peer respect, development of the whole person, judgement ability, ethics & values.

[Budoshin Jujitsu: “Episode 78: Black Belt Subjective Criteria – Part 2” 092124 YouTube Video](#)

This second part was a bit more chaotic in spite of my desire to work through the list of “common” subjective criteria. Different sensei presented different aspects of what they were looking for in a black belt candidate from their own perspective. However, regardless of their emphasis, the common element the sensei were looking was a sense of respect by the candidate; self-respect, respect for others, and respect for the art, combined with a level of open-mindedness and humility. These concepts seemed to be the integral components of whatever other subjective criteria the sensei were looking for. To me, it was amazing how so much diversity had a common core standard of what a good martial artist is. Length: 1:31

[Budoshin Jujitsu: “Episode 79: Black Belt Subjective Criteria – Conclusion” 100524 YouTube Video](#)

As we conclude our discussion of the subjective criteria sensei use in considering a student for black belt, we realize that all of this culminates in “how does a sensei feel about promoting a student to black belt level. The ultimate criteria may surprise you and it’s not technical proficiency or perfection. Length: 1:36

[Budoshin Jujitsu: “Episode 80: Maybe!” 101924 YouTube Video](#)

When my sensei promoted me to shodan, his first sentence to me after my promotion was, “Now you’re ready to learn the art.” I now know what Seki meant by that simple statement. As sensei one of our goals is to get our black belts and black belt candidates to understand that simple sentence as we deal with the issues of the effect of teaching on learning and can all black belts follow through on this objective. Length: 1:26

[Budoshin Jujitsu: “Episode 81: First Impressions” 110224 YouTube Video](#)

What makes a good sensei and a good dojo? In this episode we look at a number of factors that may help your dojo be more successful. Some suggestions are obvious. Some are subtle. However, the goal here is to help you and your dojo be more enjoyable and successful. Length: 1:32

[Budoshin Jujitsu: “Episode 82: Are You Worthy” 111624 YouTube Video](#)

Should [martial arts] knowledge be restricted only to those worthy of it? How do we decide who and what we really teach? The single major criteria may surprise you. Also, is speed your greatest asset in learning a martial art and/or defending yourself? These are important questions - - - with some answers. Length: 1:28

[Budoshin Jujitsu: “Episode 83: Is Teaching Learning?” 120524 YouTube Video](#)

This episode is not about questioning about whether you should be a sensei or not, but what the discussion members have gained, learned, and changed as a result of their teaching experiences. If you think you’ve learned everything by the time you earn your shodan, as Sensei Jack Sanzo Seki said, now that you’re a black belt you’re ready to start learning - - - and teaching will make you aware of what you still need to learn. This is a really enlightening discussion. Length: 1:34

[Budoshin Jujitsu: “Episode 84: Responsibility!” 010425 YouTube Video](#)

Dealing with a sensei’s responsibility to his students and a dojo philosophy were challenging pair of topics for an early Saturday morning discussion. But we did it. Generally, being a sensei involves a lot more than just teaching the physical aspects of you art. Many times it’s not what you do, but how you do it. Hopefully there’s something in this discussion that will be of value to you. Length: 1:28

[Budoshin Jujitsu: “Episode 85: From Injuries to Kinesiology” 011825 YouTube Video](#)

Although we had a brief discussion on safety & first-aid procedures [more detailed outline available] we got into a more serious discussion on the level of maturity required of younger students in recognizing the seriousness of what they’re learning in a traditional jujitsu program; that ultimately the jujitsu techniques they’re learning are designed to injure and thus neutralize your attacker. After the formal Zoom session was over Sensei Darryn Melerine & I also had a worthwhile discussion on commonalities in all the martial arts and the value of understanding how the human body moves, thus creating numerous variations of technique defenses & executions. Length: 1:38

[Budoshin Jujitsu: “Episode 86: Isolation to Integration” 020125 YouTube Video](#)

We wandered off topic a bit but that isn’t necessarily a bad thing. Our discussion evolved into one of weapons’ training in the dojo, [traditional v. modern] and developing the student’s understanding of their attacker’s body/extremity movement in a street self-defense situation, as well as the integration of other martial arts into your “core” martial art for more effective self-defense techniques. Length: 1:26

[Budoshin Jujitsu: Episode 87: Weapons Intelligence and Situational Awareness” 021525 YouTube Video](#)

In this episode we take another look at weapons training from a traditional as well as modern view and how “empty-hand” skills can become important sources of effective weapons training. We also looked at how your physical environment and situational awareness can affect how you deal with a potential or actual physical conflict. Length: 1:34