



58TH YEAR!

KOKORO

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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: It has been some time since we last corresponded. I haven't stopped training, but have gone through some difficult times. I only have a hand full of students right now and the one student I usually train with in Budoshin has also had some difficult times, so we haven't trained as much as I would like to. The Brown belt test is longer and a lot more is required, so just when I think we're getting close to test, something happens and then once we start training again we have to start all over. 010725

A: Although there are a few new techniques at the 3rd-2nd-1st kyu level, the rest of the techniques are from lower ranks. The challenge is that although I will probably pick only 5-10 from the kata list & waza list chosen at the actual time of testing, you need to be able to do all of them. So it's really a ton of review for you. The goal of the 3rd-2nd-1st kyu sequence is for you to smooth out what you know so that your test for shodan is a chance for you to "show off" for lack of a better phrase.

I would suggest that you follow the Student

Handbook for testing purposes rather than trying to do ALL the techniques presented in the videos - - unless you really want to. I also recommend that you read the document "Budoshin Ju-jitsu Syllabus Clarifications" at https://budoshin.com/BUDO_JJ_SYL_CLARIF_091924.pdf and, if anything is unclear, please ask. It should help you simplify the process somewhat.

Q: We have adapted the Budoshin techniques into our system and use them ALL THE TIME in our Kenpo. 010725

A: Good move. Incorporating traditional Jujitsu into Kenpo will magnify your technical knowledge base plus you're still practicing Budoshin techniques.

Q: I'm turning 55 years old this year and some of the techniques are getting a little harder as I get older. I think I'm getting arthritis in my hips, probably from all the high kicks I have done throughout my life . 010725

A: I don't like the word "older". I prefer to use "more experienced." It's more positive even though I know the "more experienced" we get we have to recognize the physical limitations of our bodies.

If you run into difficulties due to physical limitations let me know & we can hopefully come up with modifications, work-arounds, or alternate techniques. That's one of the nice things about tradition-

UPCOMING EVENTS

The April Zoom conference will be on **Saturday, April 5, from 8-9:30AM.**

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.

APRIL FOOLS

Or

WISDOM OF THE AGES?

by George Kirby



I was going to write a facetious article about April Fool's Day, but being a retired history teacher I dug myself too deep a hole. It's amazing how much factual information there is on the origin of April Fools Day. If one isn't aware of all the factual trivia, one can actually be dumb as a fool.

However, this problem applies to anything in history. Once you start digging, it's the trivia of an event that keeps you interested. Some of the best discussion we had in my history classes was when I turned my kids loose to dig into the trivia of an event. Surprisingly that helped them remember all the generic stuff.

The same applies to jujitsu, otherwise known as the "gentle art"; which it is and isn't at the same time. However, let's deal with the literal interpretation. What makes jujitsu the "gentle art". It's an art that can be physically destructive in almost an instant. It can cause excruciating pain or no pain or injury at all. It is truly a contradictory martial art.

I could go into explaining the damage the art can do, but that's not my emphasis. When I was younger I was totally amazed at how senior jujitsuka could defend themselves and control their attackers' movements with so little effort. Jack Seki, Wally Jay, and even Gene LeBell, with so many differences, were surprisingly similar with how subtly they could maneuver and control their attackers and you'd be lucky if you saw what they were doing while just standing there with a relaxed look & perhaps a slight smile on their faces.

However, as a teacher in schools with occasional serious problems, I quickly learned how important that skill was. There were other teachers and administrators who asked me how I avoided getting into trouble while using jujitsu to subdue a student, outside gang member, and even one adult who

threatened me with a knife. My response was I used techniques that didn't leave any marks. That may sound like a stupid statement, but it does have merit. It's hard for someone to complain when there's no visible sign of injury.

Thank goodness for the subtle joint locks and nerve pressure points I learned from both Seki & Jay.

Jujitsu can be the "gentle art" as you don't really have to put out much of your own effort if you can use your attacker's energy & momentum. As Seki so aptly said, the key to effective self-defense is to use your attacker's energy to help him go where he wants to go.

Maybe this is why skilled jujitsu don't "fight". That's because we're helping people instead. April fools?

Maybe it's the senior sensei who can ward off an attempted grab or hit by a "wipe-on wipe-off" or windshield wiper movement. April fools?

Maybe it's just sidestepping to get out of the line of an attack plus a subtle bit of body contact as the attacker wonders where his victim went. April fools?

Maybe it's just the "Vulcan nerve press" that Spock used in the Star Trek series to bring a potential attacker down. Yes, it can work. April fools?

Then there's "Cousin Bubba's" crushing handshake that can be neutralized with a totally relaxed hand plus middle fingertip pressure on the median or ulnar nerve at the base of Bubba's wrist. April fools?

The list can go on and on if you can remain calm, cool, and/or "collected" in a really stressful situation. To others it may look like you're doing nothing or very little. But in reality you are practicing jujitsu, the "gentle art". Because you're "helping" your attacker it's very hard for anyone to really see what you're doing to protect yourself. And because you're in a state of mushin [no mind] you probably have no idea of what you're actually doing either. April fools?

Not really!

Jujitsu IS the gentle art because you're a gentle person who doesn't fight, but helps people instead. Jujitsu is the gentle art because there are many situations where you actually have to put out very little effort to protect yourself. April fools?

Not really!

Just applying wisdom of the ages.

al jujitsu. Ultimately it's a very flexible art. There are techniques I can no longer do at age 80. It's something that was hard for me to face at first. However, the depth of knowledge that Seki was able to teach has given me flexibility. I may not be able to do a uki-otoshi or flying hasami any longer, but I'm a long way from being "dead in the water," for lack of a better phrase. So, don't shortchange yourself.

Decades ago I also realized that there were legitimate technique variations some of my kids could do that I couldn't do in my wildest dreams. One of my kids was so light & agile that he could grab his opponent by the arm or shoulder, walk up the front of him in 2-3 steps, set a scissor around his uke with his legs and throw him forward from that position, [*kubi hasami mae nage*]. Amazing to watch.

Lesson: *If you teach the basics to your students well, they can sometimes come up with legitimate techniques & variations you haven't seen before.*

Q: How do you maintain a control hold on a person who is resisting a lock/hold or affected by [high?] on drugs [including alcohol]? 011025

A: Although these are two entirely different situations they may have the same solution: keeping the person's brain busy with conflicts. Your best option may

be setting a control hold/lock with one hand and apply pressure to a nerve center [neck is ideal] with the other. If you have set the lock/hold properly you can try alternately applying pressure to both the joint lock and the nerve center as necessary it will help keep the attacker's brain busy. Don't apply pressure to both at the same time as that's not a challenge for the brain as all he'll feel is general pain.

By using this back-and-forth method you will have a better chance of securing ultimate control over the person with the control hold/joint-lock you've set as his brain is sidetracked with two problems [ultimately the lock. Hold will become more painful as your lock/hold gets closer to causing actual serious bodily injury] and moving him in the direction you want is now a third challenge.

If he's been just resisting your lock/hold, you may be able to talk him down so he stops resisting [& you'll lower the pain level]. With a "high" person you can really only base your actions on how he physically responds to your actions.

Maybe this is another application of "the rule of 3".

Another reminder [in either case] is for you to remain and sound as calm as possible in telling the person what to do. You may have to speak clearly

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and forcefully, but keep the intensity of what you're saying simple and under control. No expletives!

Q: What's the best way to get in touch with you? 011325

A: Email is best & I usually respond within 24 hours. If it's a really complex issue I may send you my phone number so we can talk. Another alternative is texting back & forth, although you need my phone # for that.

Linked-In & Facebook are the two worst ways to get in touch with me. I occasionally check Linked-In. but as I've said before, Facebook has so much junk on it I rarely touch it.

Q: I have a group of questions for you. What are the pros & cons of using a residence as the school in the beginning? Will my homeowners' insurance cover me if I have less than 5 students? Or should you have martial arts school insurance from day 1? Liability waivers, do you bluntly state hey the student is going to get , punched , chopped, dropped, kicked and hurt — enroll at your own peril!? 012425

A: My best advice to you is to talk to a qualified lawyer in your state to get answers to your concerns. You need to CYA [cover your assets].

For liability issues you may want to consider a state LLC or IRS 501c3 setup, but talk to an attorney first.

I'm attaching a release we've used for decades. It periodically gets updated, but again, have an attorney go over it with you to make sure it flies in your state. The medical treatment statement on the back is also critical if you're teaching anyone under the legal adult age in your state. Again, consult an attorney. [I've had to use it only once in 58 years but the parents were extremely grateful. Injury turned out to be a pulled neck muscle. But due to nature of potential injury, location, and pain, paramedics were called.]

I doubt if homeowners' insurance will cover you, even if you teach for free. But again, check with your attorney. Securing martial arts insurance through a martial arts organization may be cheaper than purchasing it on your own.

Pros of using your house: You choose your decor & who can be there.

Cons: LIABILITY is #1 issue; Size of training room.

Comment: Injuries beyond bumps, scrapes, & occasional bruises are pretty rare in a well supervised dojo with posted safety rules. However, serious injuries do occasionally happen. So make sure you have first-aid, CPR, & CAT training certification.

Teaching can be fun, rewarding, and very satisfying if you CYA.

Good luck & let me know how it goes.

Q: Are your technique training tips [videos and pix series only on your website and why did you make them? 012625

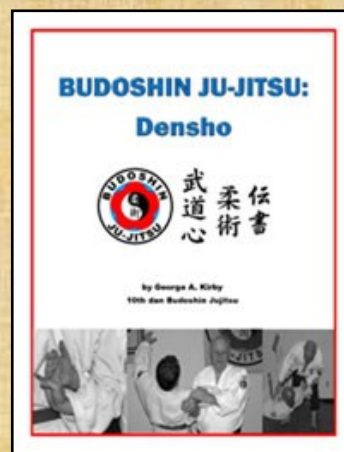
A: Although they can be found under "Training-Testing" on my <https://budoshin.com> website, the

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!**

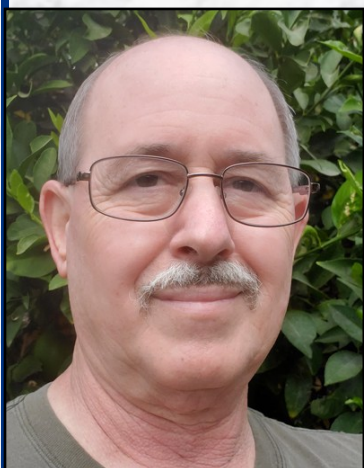
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STRIVING FOR CONTINUITY WITHIN ALL OF YOUR TECHNIQUES

By Prof. David Bellman



One of the finer points of learning and eventually mastering martial arts techniques is understanding how *continuity* within the execution of the techniques becomes an important component to the overall performance of doing all of your techniques.

GOING WITH THE FLOW

Continuity in the application of all techniques is like the flow of water. It moves in a logical way and follows the path of least resistance. When a hard or difficult obstacle gets in its way, it finds a convenient and logical way around it in the most efficient manner. So should the application of all of your techniques, especially at an advanced level of training.

To understand how to have martial arts *technical continuity*, you need to go back to the original source of where the technique originates from, and you need to mentally break all of its basic components down to their simplest level, rather than trying to make a technique as difficult or as complicated as possible.

BEGIN WITH THE PRINCIPLES

When you are taught a new technique, or are doing a technique for the thousandth time, take a quiet moment and ask yourself, *What is the underlying principle or principles that make this technique work?*

Sometimes people get wrapped up in other elements of a technique, such as the wow factor of seeing a technique done for the first time, or the technique well-executed by someone else. But understanding that being wowed by a technique is not the same as fully understanding the intricacies of what makes the engine of the technique function.

That is where understanding principles comes in.

NOTEBOOK OF MARTIAL ARTS PRINCIPLES

When you go to school, you usually pack a notebook and pencil to take to class to take notes on what you have learned. That is something everyone training in the martial arts should do from day one. That way, you will always have a comprehensive memorial of everything that you will ever be taught and can always go back and review it for future reference.

The same thing applies to learning and understanding the principles that make all of your martial arts techniques work. I have a simple rule: If what you are learning or trying to do cannot be described by sound principles of anatomical physics, it probably will not work when you need it in the real world.

Having a comprehensive list of principles at your fingertips is a handy reference tool for understanding the arts that you are learning.

NOTEBOOK OF MARTIAL ARTS CONCEPTS

Once you have the principles under your belt, your techniques will start making more sense, and your application of the techniques will improve. When you start combining the principles together, you will be creating the core elements of your techniques. After a while, you will discover that you want more. You will want your techniques to work better, more efficiently and with less effort.

When you take the initiative to start combining the principles together, and then add other key elements, you create concepts that enhance any and all of your techniques.

One way to accomplish this is to also create a notebook of martial arts concepts. When you do this, something interesting will happen with your training and understanding. The combination of the principles and concepts combined will stitch together your overall understanding of everything you do, and your notebook will memorialize it for you.

TURNING A SQUARE INTO A CIRCLE

You can conceptualize learning a new technique with a square. As your understanding of each technique matures, the four corners of the square get sanded down, so that the square eventually be-

comes a circle.

This means that with the increased understanding and knowledge, the goal is to not just be able to do a particular technique, but to do it as efficiently and effectively as possible.

As you are developing and perfecting your techniques, especially at the advanced levels, you want to also have *continuity* in the application of your techniques.

One way to do this is to explore other possibilities of transitioning from one movement to another.

- Develop more efficient entry techniques.
- Explore other ways of stepping, advancing, pivoting and turning.
- Create more efficient ways of applying angles to your blocks, strikes, kicks, throws, takedowns and control techniques.
- Think more three-dimensionally, opposed to two-dimensionally.
- Create multiple ways of applying the same technique.
- Understand how to seamlessly move from one choke to another choking or strangling position as your opponent tries to counter you.
- Apply similar principles to ground fighting as you would to stand-up fighting, and vice versa.

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.

Also, once some readers start going through my Densho they realize that there are certain consistencies to how I explain movements. Once they get that down, the technique movement descriptions/terminology are a lot easier to interpret.

There are also a few suggestions if the technique description really sounds confusing. Sometimes making the following changes causes the technique execution descriptions to work properly:

- ♦ Change "left" to "right" or vice-versa with these additional subvariations to body parts:

Turn _____

Pivot _____

Look _____

Sidestep _____

Slide _____

Other body movements _____

- ♦ Change "forward" to "backwards" or vice-versa

Q: Why is the Budoshin Jujitsu Densho so easily available to anyone. Shouldn't its access be limited to your top student or your successor? 012725

A: Many traditional martial arts work that way. However, to me there is another reality.

First, knowledge kept secret is knowledge lost. My attitude is that students of Jujitsu should have access to the information. However, there's a limitation here. Unless you have a firm working understanding of how the basic techniques work, trying to figure out how to do other techniques, just based on my "notes", may be a difficult or impossible process.

Second, many of my published books & videos contain techniques for in the Densho. So, some of that information is available [and cross-referenced] anyway.

Q: When you say "cross-referenced" how does that work? 012725

A: Cross-reference page numbers to techniques are found in my Student & Black Belt Handbooks, the

videos are also available on YouTube under "Budoshin Jujitsu Training Tip"

The reason I made these videos and pix series was to correct some all too common errors in basic technique setups. My goal is to help students set up techniques correctly. If the technique is set up properly it will work AND it will work much faster and with a lot less effort.

Q: Do you think you'll ever rewrite the Densho so it's easier to understand and with pictures? 012725

A: At this point in my life [80+] I think doing a re-write— with over 800 techniques is a bit too much to ask. Over the years I have made explanation corrections to quite a number of the techniques in the Densho. Many of the techniques are also cross-referenced to my books, videos, and Student/Black Belt Handbooks. The books and videos should give you visual ques.

Densho, and time-locations on my Budoshin Jujitsu Black Belt Home Study videos. All you have to do is go to that reference source to get information on how to execute that particular technique

Q: Is there any secret to correct technique execution? 012725

A: A critical “key” to help you learn how to execute any technique correctly is your sense of balance. For any technique to work correctly your body [including arms, legs, feet, direction you’re facing or turning] must all work together to keep you balanced. If you’re not balanced you’re doing something wrong. So back up and retry the technique, moving your feet [preferably] to maintain your balance thru execution of the technique.

A second helpful factor is not to look at how you’re setting up your technique or your uke’s/attacker’s face [to see his reaction], but in the direction you want to go or the technique to go. You need to learn how to set up any technique by feel rather than how it looks. If you rely on sight you’ll never be able to execute any technique effectively in a street [or even testing] situation.

Also, learn to execute techniques slowly. Your body will tell you when things are working or not. As you become more proficient to technique execution your movements will become smoother and ultimately faster.

Q: It occurred to me that my AJA membership may require that they have my mailing address in order to send the AJA patch. 012724

A: I mailed your AJA patch to you this morning. I usually get them in bulk from the AJA as it ultimately takes me less time than making you jump through hoops.

They do have your email address, but no other information to contact you with. That’s their policy. Just as an FYI, I won’t give out any info about you [except for your email address to the AJA] without your specific permission. To my knowledge the AJA contacts individual students very rarely.

Q: Although I have a long way to go I have a question about the Shodan grading. I know for home study it’s meant to be a conducted over the Zoom platform but.... Is there any option to test live at one of the Budoshin Dojos? I understand the logistics and cost to myself would be

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 BJJY 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 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 link [above], keeping the original for yourself.

greater but it would mean a lot to me to test in person. 012825

A: Tough questions. Right now I’m doing all testing via video, not Zoom. Testing via video seems to be less time-consuming in the long run. Although it’s not as interactive as Zoom it does meet my criteria if

the security procedures are followed. Although I have no problems with one of my black belts testing you “live” it would be a decision he/she would have to decide. I would hope they would follow the Black Belt handbook criteria closely, but the details would also be between you and them.

I’m not currently teaching in my Santa Clarita dojo due to health issues. However, it’s conceivable that the active instructor there might do it. I’d also need to see a pre-test video of you as I consider higher brown & black belt tests a formality. I don’t like to test people at that level unless I’m pretty sure they can make it. The “test” is more of an opportunity for them to show their skill level to others.

I’m sorry about the “vague” answer but I’m trying to be as informative as possible.

Q: With the videos we send via Hightail for testing purposes, is there a mandatory format? I have access to iMovie on my phone and thought I might learn how to use it for video testing. 012925

A: Although I prefer videos in mp4 format, I can convert/view some other formats as well if necessary. If you want to send me a short iMovie video to see if I can view an iMovie [I’m using a W11 PC, not a Mac]. Or you may want to see if you can save/convert it to a mp4 format.

As far as what should be on a video, just follow the belt exam pages in the Student Handbook. Refer to page 33 in the Student Handbook for specifics.

As far as “how” to shoot test videos, follow these directions [also in every issue of Kokoro:

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3. Make sure the camera can cover the entire mat area in which the techniques will be executed.
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7. Send a copy of your video to me using Hightail link [above], keeping the original for yourself.

I hope this information helps. If you have any other questions, please ask.

Q: I just discovered all of the Zoom video links on your website. These are pure gold. I’m going to commit to watching at least one a day. 013025

A: of the training tips on my website are also on YouTube under “Budoshin Jujitsu Training Tip” and all of my Zoom conferences are on YouTube under “Budoshin Jujitsu Episode”.

Q: I understand the Student Handbook instructions on patch placement but have a question. Would it be appropriate to put my dojo patch on the right breast? 020525

A: Thank you for asking. That’s perfectly fine.

BOOKS OUT OF PRINT!

I am now out of stock on 3 books:

Jutte: Power of Ten Hands

Jujitsu: Towards One Technique

And

Jujitsu Nerve Techniques.

If you would like to see all of my books back in print please contact George Chung at George@jungotv.com . A polite/professional email from you to Mr. Chung would really be appreciated to hopefully get all of my books back in print.

**Thank you,
George Kirby**