



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.

CONGRATULATIONS!



... to Sensei Chris Clark [left] and Sensei Eric Sallee [right] on their promotions to nidan, Budoshin Jujitsu this past February. Although they were active members of the Budoshin Jujitsu Dojo in Santa Clarita, they also trained & were tested through the BJJY as job changes made it extremely difficult to attend the park classes.

I'm hopeful that they will continue their training, continue to move up in rank, and hopefully teach in a Budoshin Jujitsu dojo [perhaps their own] someday.



AN HONOR!!

On April 11th, AJA President Thomas Dineen was honored to be appointed by the U.S. Commission on Civil Rights to a four-year term on Maryland's Advisory Committee to the Commission.

The U.S. Commission on Civil Rights was established by the Civil Rights Act of 1957. As an independent, bipartisan fact-finding federal agency, the Commission is charged with advising the President and Congress on civil rights issues, helping shape national civil rights policy and enhance enforcement of federal civil rights laws.

For those interested—regardless of political leanings—here's information on applying to be on a state advisory committee (or territory if you're planning a move to Guam, the U.S. Virgin Islands, etc.): <https://www.usccr.gov/advisory-committees/membership>

Q: I'm working on laying out my 6th Kyu Mat Exam and I had a few questions.

UPCOMING EVENTS

The May Zoom conference will be on Saturday, May 3, 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.

CENTERING

by George Kiirby



A few years ago I received the following question from one of my black belts: "How does Ju Jitsu helps one focus on day to day life (how it keeps one centered)?"

I thought it was such a good generic question that I submitted my answer [below] to Black Belt magazine in the hope

that it would be printed as an editorial. Unfortunately it never made it into "print".

But I found it hidden in my computer, read it, and it still sounded timely. So here it is.

This is a hard question because "centering" allows you to do many things; primarily give you greater control over yourself and your environment. In the process of becoming centered you also end up calming yourself down, looking at what's happening from a different [one or several] perspective[s], and reacting more effectively, usually in a calmer demeanor because you've cast aside all the distractions that prevent you from being centered – at peace with yourself.

Now you might think that jujitsu itself allows me, or any other person to center themselves for effectively. That's a somewhat valid perception but it's also somewhat inaccurate. [You sure wish there was a simple answer here, don't you. :)]

Yes, as you train in jujitsu, you do find that you do have greater control over your adversary on the mat. You also find that, as you become more proficient, your movements become more natural and automatic. Techniques tend to flow from one to another and you can respond to random attacks without any conscious thinking. At this point you are working from a state of "mushin" [or no mind]. Essentially there is no conscious thought in what you're doing and you probably won't have any exact recollection of what you did except you'll feel that you did the right thing – correctly. [Read Dr. Mihaly Csikszentmihalyi's Flow, The Psychology of Optimal Experience.] But "mushin" [or Dr. C's "flow"] can oc-

cur multiple times in your daily life where you perform normal daily skills well without thinking. So mushin isn't unique to jujitsu. Rather, it's a state of mind where there is no apparent active thinking process. Thus the phrase "no mind". Yet mushin will be your state of mind if you are centered.

Another element of being centered is being aware of your environment and your decision-making process in that environment. If you can keep yourself calm, the three elements of good decision-making can come into play: your mind – objective information, your heart – subjective emotions, and your "hara" – how you feel about your options or which one seems best. This rational approach also requires a bit of Zen-Buddhism – responding to the situation as it is. If you can make decisions by going through this three-step process, even subconsciously, you probably will come up with the best solution you can make. It will further calm you down, putting you more in control of the situation, and helping you center yourself further. The key [ki?] to this is that you will seem to be in greater control of yourself, which those around you will notice and respect you for it as well as have a greater chance of supporting you.

Being centered may also be a result of your martial arts training. Yes, perfecting techniques does require concentration, or perhaps more correctly the lack of concentration so your mind and body can interact directly with each other. But there's another aspect of your martial arts training that's at least as important: your psychological training. No, I'm not talking about sensei who work you really hard. I'm talking about your state of mind in dealing with verbal abuse or frustrating situations you might seem otherwise unable to cope with. To an untrained person you have two options: fight or flight. By "fight" I mean responding physically or verbally to a verbal insult. By "flight" I mean generally just getting away from the situation even though you might have to deal with it later. However, keep in mind here what Sun Tzu said in The Art of War, you don't have to win every battle to win the war.

Seki [my sensei] was psychologically abusive to his students [me included]. The higher in rank you went the more he harassed you. Of course he was totally up front with his classes about it. His logic was, to quote, "If your ticky-ticky gets hurt by what people say to you, you have no business learn a martial art, especially jujitsu. That's because jujitsu is

a dangerous martial art and you can easily and seriously injure another person.” Seki lost a lot of his upper belts because of his verbal abuse. They knew what he was doing and why, but they couldn’t let it go in one ear and out the other. On the other hand, once you got to know Seki, he had a heart of gold off the mat. Certain military and leadership training also deals with this type of psychological abuse/harassment. I think Seki’s verbal abuse training was important to me. If you don’t let what people say upset you, you can better and more effectively handle the situation. I know that’s difficult to do at times, but it is a skill essential to being able to center yourself in a stressful situation. A calm voice may garner more respect than a high-pitched uncontrolled primal scream.

I could go on and on. But I’m hoping by now you sensed a trend here. I’ve concentrated more on things other than “jujitsu” per se. Nowhere have I said that jujitsu itself will help you center yourself for daily or unusual challenges. However, what jujitsu has done has been to open doors for me to help me establish better control of my mind, my emotions, and myself. Hmmm. Sounds similar to the earlier mind, heart, hara concept essential for good decision-making – a.k.a. good judgement.

Jujitsu opened “doors” for me to improve my self-awareness, self-confidence, and sense of well-being [being centered]. Because I love to read and because I wanted to gain a better philosophical insight into jujitsu [and perhaps the ancient oriental mind] as well as other aspects that complimented my original goal, I did a lot of reading and thus have a recommended reading list on my website [https://](https://budoshin.com/resources/books-to-read/)

budoshin.com/resources/books-to-read/. Most well-trained martial artists have a good philosophical background based on literature related to their martial art. And a few are also authors in their own right.

Another door opened was my resultant ability to write articles and books about what I knew. This was a different challenge for me but still required being centered to ultimately be successful.

Another door opened was my opportunity to train a number of law-enforcement agencies and individuals. Their needs are different from “regular” martial arts or jujitsu training and that experience positively impacted how I teach jujitsu to this day. Law-enforcement personnel must be centered to be effective.

Another door. In the process of learning jujitsu I also learned quite a bit about different forms of meditation and came to realize that the purpose of meditation is to be able to “calm yourself down”, be absent of thought, become centered, and thus be able to put challenges in their proper perspective so that you can handle them more effectively and with greater control.

I guess what I’m saying in essence, is that jujitsu helped me develop my centering skills because it opened doors for me I never anticipated into areas beyond just the physical aspect of jujitsu training. Those areas helped me learn more about myself and different ways of thinking and dealing with problems. That open door continues to this day . . . and perhaps that’s the greatest value from my jujitsu “training” and what keeps me centered in daily life and its challenges.

In the Kata section under shioku waza. Would you like to see a review of pretty much all of the sensitive/nerve areas or are you looking for a demonstration of me attacking a few select areas?

Kinda the same question with Te Tatake. Would you like to see me attacking Uke with a variety of hand strikes? Maybe to sensitive nerve areas?

I don’t want to bore you with an overly lengthy demonstration or give you something you’re not looking for. 020625

A: Your question is a common one. I only need to see one technique demonstrating a shioku waza. Same for te tatake.

I know there are many shioku waza, tet tat-take, koshi nage, ude guruma, etc., etc., etc., infinitum agnosium. That’s one of the niceties of traditional jujitsu. It’s also an advantage to you on testing as you can demonstrate the one you do best.

I thought my “How to Make a Taco” editorial in the February issue of Kokoro might clear this up. But I guess not.

Q: I’ve noticed that you often use distractions against your opponent, like foot stomps or shoves. Are all of them allowed in Budoshin? Like light slaps, elbows, fake kicks or sudden hand gestures to make them drop their guard, or

even taunting. I've seen matches won with tricks like these, but I don't know if all of these legal in your art 020725

A: What may seem like an illegal or "dirty" technique in some cases is perfectly legitimate if you're actually defending yourself in a street situation. Distractions are an important part of Budoshin Jujitsu training. There may be rules in competition and even in the dojo for safety reasons. But in the street, where your survival is at stake, the only rule is to stop the attack & get away safely.

Please be aware that these "tricks" as you call them, may cause injury on contact. However, regardless of whether the distraction move causes injury or not, it's intent is, as you said, to get them to "drop their guard" or give their mind something unexpected to think about. A good distraction will create a 1.3-1.7 second pause in an opponent's reaction time, thus giving you an opening to execute whatever other technique/move you do.

Q: Upon reading your comment pertaining to Seki Sensei and his position that there "were no ryu of jujitsu" it especially hit home to me. For many years now I have felt the same way about karate, particularly the Okinawan rooted karate. They all pretty much teach the same kata with

only deviations in bunkai/oyo. As karate and the various Ryu made its way to Japan and beyond though it has changed drastically in its catering to sports and competition.

Over all, I feel the designation of "Ryu" has not been a positive one for the art of karate. 020825

A: I think the "ryu" issue applies to all martial arts. Once you get past terminology [in any language] and technique variations or sequences, and major intent of the art, ryu, dojo, or sensei, jujitsu is still jujitsu. Same for karate or any other traditional martial art. I've always been amazed that you can put a bunch of brown & black belt jujitsuka of different ryu on the same mat and they can all train together, exchanging terminology & variations, maybe to the chagrin of their sensei who might be very rigid in their thinking. And then there are those who put a bunch of stuff together and call it a ryu.

Q: I have had the original 8 video disc's home study course from Panther Productions for 15 years now. In two years I will be sixty. I have been studying them off and on for 15 years, do I have to go thru another course, for all I want is my shodan. I'm also a shodan in Kodokan judo up for my nindon. Early on I had a lot of injuries

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now I'm retired and want too teach more than judo,you can look up my rank from the USJA for I've been a member for 36 years . Thanks for hearing me out. 020925

A: Thank you for your background information. Your background in judo will be an excellent foundation for you to proceed into traditional jujitsu should you desire to do so.

You have a number of options open to you as there are a number of skills & requirements for promotion to any dan grade in jujitsu. Although, as a member of the BJJY you can start belt testing at any level, I can tell you [from 30 years experience with the online program] that none of the candidates who tested for shodan as their first belt exam, passed. There were simply too many skills they were deficient at. On the other side of the coin there is no time-in-grade requirement for all kyu ranks. So you can proceed and test through those at your own speed.

I would suggest that, at the very least, you get a copy of the Budoshin Jujitsu Student Handbook and the Budoshin Jujitsu Black Belt Handbook at \$12.95 each. They will line out the requirements for each belt rank up through Judan. Also, please be aware that "technique-wise", the videos will take you almost all the way up through nidan in jujitsu for reasons explained in the attached "Clarification" document.

Your other option would be to secure your BJJY membership for 1,2, or 5 years. Membership benefits can be found at <https://budoshin.com/membership/benefits/> . A one-year membership is currently \$45 [and you'd get both handbooks as pdf files for free].

You can also get a good idea of the technical belt-rank requirements on my [Budoshin.com](https://budoshin.com) website under "Training & Testing".

I hope you will consider one of these options. If you have any further questions please get back to me.

Q: Can I test for ranks in Budoshin Jujitsu without being a member of the BJJY? 021025

A: If you're in a Budoshin Jujitsu dojo with a Budoshin jujitsu ranked sensei, you don't need to be a BJJY member unless your sensei requires it. If you have any questions about the validity of your sensei's rank you can check with me.

If you're NOT in a Budoshin Jujitsu dojo and

you want to be tested by me you must be a BJJY member and have met all the prerequisites of the rank you want to test for if you want a certificate of rank from the BJJY and the AJA.

Q: I recently read over the "Budoshin Jujitsu Syllabus Clarifications" you recently sent out. Why haven't you sent this out before? 0210225

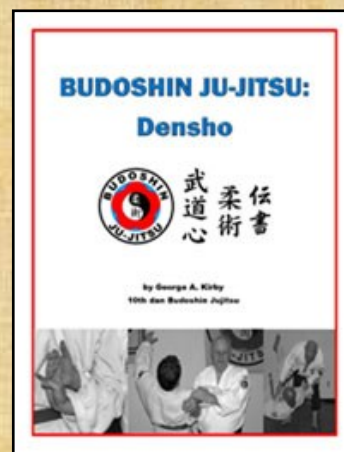
A: Although I've explained the potential confusion numerous times in email replies to individual students, sometimes it takes a "bump in the road" to realize there's a consistent conflict, confusion, or issue that needs to be hopefully fixed. Once the "lightbulb was lit" I realized that I had to formally [in

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When Brown Is Black Enough

by Scott Anderson

*The little bird
Thanks you for your kindness
With his droppings.
Zen Adage*



A good student left us. It his was time to move on. He promised us from the start, "I'll give *judo* a try, but no matter what, when I hit 80, I'm out of here".

That was nine years ago. We had several people his age come at the same time all for different reasons, so it was odd to have a senior class that was truly senior. He was the only one that stayed. They all took comfort that I was only ten years younger, but without starting as early as I did, most set their sights on brown belt. Then in most cases various surgeries took them away.

Then again, I had some surgeries, and I am recovering from one now. The gentleman that stayed had his surgeries and came back to train with a permanent soft spot in his neck. He had the will: ex-Air Force pilot, ex-teacher, and he had skills and a maturity not found in most of us.

In the late 1970s I took a course on Combat Sports taught by a kinesiology professor who was studying martial arts to research a thesis on movements for combat sports. The course covered wrestling, boxing *karate*, *judo*, and *jujitsu*. Each class covered one self-defense situation and a recommended remedy.

A critical lesson from the course for me was his hypothetical athlete: A. If at 20 years of age, A. were 200 pounds and could bench press 220 and run a mile in 6 minutes, then at 40, to lift the same, he might have to weigh 210 pounds, but to run his mile in the same time, he might have to weigh 175

pounds.

This comes with a lot of caveats: for most people the 175 pounds might be the healthier option. Also, the lifting goal might be arbitrary for the real world. For a trained martial artist, experience and muscle memory might compensate for both speed and power. We all age, so status quo is never an option, so we live and learn or better still, live to learn.

Nine years ago, our head judo instructor remarked one night that our remaining septuagenarian most likely would never master many things no matter how long he practiced because he started so late in life. I watched his struggles, and one night I had idea—in *judo* against *judo* he had trouble, but what if he did *kito-ryu* instead against *judo*.

This was not a world-wide panacea—this was a prescription for one man, and it was counter-intuitive because *judo* is hyped to be more refined *jujitsu*.

He learned slow is smooth, smooth is fast, and we never move faster than we can move and retain form. Sometimes we practice slow, sometimes we practice medium, sometimes with full speed, and sometimes with full speed and power. We note our flaws at higher tempos, and correct them at slower speeds. We followed *kito-ryu's* ebb and flow of power, when *uke* moves hard, *tori* counters softly. In the end though we aimed for what many admirers said of Jigoro Kano: "he was liking fighting an empty jacket".

He learned to use his own natural movement and body weight to unbalance *uke*, and toward this end he gained an *uki otoshi* and a wicked *taiotoshi*. *Ne waza* was never going to be his strong suit, but he could hold his own. He spent his last year and a half as *sankyū*, and he returned that favor helping new students.

Was he perfect? Who is? Many a night, I thought that I had corrected his *seoi nage* for the last time, until he tried it in *randori* only to see his butt first entry on straightened legs. The good news was if he was blocked, *uke* found out that that his *seoi nage* was just an opening gambit in the ebb and flow of combat.

No throw by him ended with an erect back. His posture assumed the "?" shape. This meant that when he threw *uke* and didn't let go, you could wait a second for the excess energy and centrifugal

force to catch him up, and he would sail elegantly over the thrown *uke*.

The man's *ukemi* became better for exactly that reason. Practicing *ukemi*, he often rolled with the displayed grace of a half-filled water balloon, but when it counted, he had it down pat. *Ukemi* is a life skill for all.

He is not gone, and we can always meet up for dinner, but training him was some of the best training and experience that I could ever have. I will miss that and have to settle for teaching younger men that power and aggression work today, but if we expect to be there, we have to plan for tomorrow.

I am certainly proud that I could help this man earn his brown belt, and more's the pity that there aren't *kyus* and *dans* for friendship.

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.

print] try to resolve the confusion that has existed for decades.

Thanks to Senseis Michael Langewisch and Dave Clark for helping me out of the morass and an explanation that makes sense [I hope].

If you or anyone needs a copy of the clarification just click on this link: <https://budoshin.com/BJJsyllabusClarif010725.pdf> to download your copy:

Q: It's black pants for brown belt and up, right? 021125

A: Yes, black, straight legged pants. This has always been Seki's and my standard. Some Budoshin Dojo follow it strictly and some don't. Ultimately it's up to you as the dojo sensei.

Q: How strict are your uniform [gi] requirements? 021225

A: I would say "strict":

1. You must have a plain white judo gi [single weave/weight preferred] in order to receive your first belt promotion.
2. You may only attach approved emblems/patches where they're supposed to be.
3. You must know how to tie your obi [belt] properly.
4. Your gi must be clean when you come to class. A simple rule is "If you wear it you wash it."
5. Your gi should, fit you properly, be kept in good repair or replaced as necessary.

6. Brown belts & higher ranks should wear black, straight-legged pants.

The reason for this standard is two-fold. First, a common uniform builds comradery & mutual respect. Second, when anyone sees/visits the class they see that there are common standards and rules for the class and a sense of order.

Q: What color stripe should I have on my brown belt to indicate I'm a niku [2nd kyu]? 021225

A: A single 1/2" stripe should be worn 1" above one end of the belt as follows:

3rd kyu—green

2nd kyu—black

1st kyu—blue

Although you can get these colors embroidered onto your belt with a sewing machine, it's expensive and you may have to buy a new belt to embroider with future promotions.

Seki [and I] have a much less expensive approach: colored electrical tape. I usually have rolls of each color somewhere in with the dojo paperwork box.

All the student does is get a piece of appropriately colored 1/2" tape & wrap it around one end of their belt as directed. Then, when they move up in rank all they have to do is change the tape color.

That's it! And no, I don't charge students for the tape they use. That would be tacky. No pun intended.

Q: The more I train I am tired of hearing so much about how Brazilian Jujitsu is so dominant, it seems to me it is only appropriate in most cases in a "sport" environment against only one opponent with rules preventing many other techniques from being used by their opponent. I definitely like Japanese style jujitsu training much better and find it much more realistic in its effectiveness in "street" situations. I am proud to practice it and pass it on to my sons. 021425

A: In all the years I've taught jujitsu I've only had one student who went down to the ground with an attack-

er and the submission was a shoulder lock pin. with my black belt on top and the attacker [purse snatcher who tried to stab him with a screwdriver]. He maintained that lock until the police arrived.

In every other situation [several known] the attacker was either injured [fracture or other debilitating injury] by the technique itself and/or when they hit the ground.

Groundwork is great for competition or on the ground, and it is important, but the ground is also the worst place to be in a street situation.

The goal in self-defense is to disable your attacker so you can get away safely - - not win a "match", and Seki's and Brosious's emphasis was on self-defense, which is what traditional jujitsu is.

Most injuries in my classes [rare] including one injury I received, was due to resisting a technique [in most cases the student [or me] wanting to find out what my partner would do if I resisted the technique.

Q: Checking if there is a session today- I not getting the newsletters, or updates so assume emails are messed up again, Reason asking if that link works for today- I was thinking there is a class every 2 weeks. 021525

A: Both of the email addresses I have for you are set up for BJJY membership newsletters [1st of each month] & Zoom updates 2-4 times/month.

1 For some reason emails to one of your email addresses are bouncing, which means something is stopping my emails from getting to you. I "debounced" your email address from my end, but I can't control what happens at your end. Please make sure you are following the "**IMPORTANT**" instructions below so that your email program and/or ISP isn't blocking emails.

2 Another alternative is if you have a 3rd email address I could email to, I could try that.

3IMPORTANT: Please add Budoshin_Ju_Jitsu@mail.vresp.com [note Budoshin_Ju_Jitsu underscores], @mail.vresp.com [domain address], and senseigk@budoshin.com [my email address] to your email's safe sender list to make sure you receive Budoshin-Online without your email program blocking it as junk/spam mail.

Q: Why don't you sell your Black Belt Training Course in dvd format any more? I prefer dvds over a mp4 file. 022225

A: Technology moves on. [Remember videotape

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.

cassettes? 8mm movie cameras?]

Please keep in mind that mp4 files can be saved onto almost any medium: computer or tablet hard drive, external drive, thumbstick, smartphone [if it has enough memory, and you can even burn them onto your own dvd if you can get a dvd "burner"..

TEACHING THE ART OF BUDOSHIN JU-JITSU

by George Kirby

[Note: This was initially printed & sent out to sensei in early 2007. I thought it'd be worthwhile to reprint it for your information. This is especially important for you if you are a sensei, although I realize it may be somewhat idealistic on my part.]

Here is my position [which I could expand upon] on how Budoshin Jujitsu is to be taught and what should be accomplished by you, as a sensei, within the confines of the Budoshin Ju-Jitsu philosophy:

1. Most important, all techniques [kata & waza], regardless of rank, are taught in reaction to street attacks.
 - a. That means that the uke can only use a street attack, as determined by the sensei, on the tori when learning or practicing a technique
 - b. That means that a student just doesn't practice the formal moves of a kata, or just the footwork, or just kata-no-nage for kata he is learning, but that everything is put together from the outset.
 - i. Even the "lowly" koshi nage is to be initially taught for a shirt/lapel grab to help the student make the "self-defense" connection.
 - c. From shirt grab you move to hit in a static position.
 - ii. Then you move from a static position to lapel grab & push [for example].
 - d. There should always be a progressive escalation of the attacks as the student progresses in rank to bring him closer to a real street situation.
 - e. Competence in this aspect [for a moving attacker or non static attack] should be achieved probably by the time the student achieves sankyu although this isn't "specified" on any belt exam.
 - f. Although some flexibility in teaching practices is allowed, you should attempt to teach techniques as they were taught to you by your sensei. After all, they got you to where you are today.
 - g. Remember, our goal is to teach both kata AND waza [self-defense].
2. Mastery of one kata or series of kata is not a prerequisite to move to the next belt level.
 - a. Mastery is a process that can take beyond
- our lifetimes. [I'm still trying to "learn" the art.]
3. Specific initial responses, distractions, strikes, nerve attacks, etc., and submissions are not rigidly fixed to a particular kata being taught.
 - a. Although a particular initial response &/or submission may be taught to a student along with the actual "technique" being taught, the student should also be taught other initial responses and submissions so that he
 - i. Has a variety of initial responses & submissions at his disposal, dependent upon the situation and
 - ii. That such will help develop his "unpredictability" in both the execution of kata & waza
 - b. This will also help his uke develop flexibility in reacting to "defensive moves" by the tori which, in turn
 - i. Helps the uke improve his personal safety skills on the mat
 - ii. Helps the uke learn not to anticipate certain movements, but to go with the response
 - c. Tori learns that he can use a variety of initial responses and submissions that are at his disposal for any given technique response.
4. Students of different ranks are encouraged to work out together.
 - a. This helps build "family."
 - b. It also helps more advanced students develop their teaching abilities that lead to the next item below.
5. There is a lot of cross-teaching allowed & supported.
 - a. Upper ranks [& even sensei] teach lower rank students techniques that are not on their formal kata/waza requirements for their particular belt rank.
 - b. Students should also be taught kata/waza that are not on ANY kata/waza list [essentially from the "big book", now known as the "Budoshin Jujitsu Densho"] as there's no way to test everything – nor should such testing [for everything] be required.
6. Allowances need to be made for individual abilities and limitations.
7. One of our goals as a sensei is to help students develop an individualized system of self-defense, based on Budoshin Jujitsu, that works for them in addition to helping them progress through the belt rank system.
8. You have the ultimate responsibility to teach ALL the techniques and variations in the "big book"/Densho to ALL of your students.
 - a. This is a long-term process and commitment on your part as sensei.
 - b. It takes me about 4-5 years to get through

- the big book, in addition to teaching everything that's required for specific belt ranks.
- c. This helps students develop their individual systems as they find techniques that work best for them.
 - d. Any technique from the big book can be used in the waza portion of any test.
9. You have an obligation to see the Budoshin Jujitsu grow.
- a. You need to nurture and support students by demonstrating your commitment to Budoshin

- Jujitsu so that they will ultimately become teaching Budoshin Jujitsu yudansha that you can be proud of.
10. Your goal as a Budoshin Jujitsu sensei is to have a student competent in all of the required kata & waza by the time they reach shodan.
- a. They should know the required kata as an art as well as defend themselves effectively against unanticipated street attacks.
 - b. They should also have an understanding of how & why techniques work as they do.

However, since a thumbstick [dependent on its memory size] can hold all 8 mp4 videos and a thumbstick can be plugged into a variety of devices, including some flat-screen TVs, etc., it's far easier to transport and use than carrying around 8 dvds.Q:

Q: Can you tell me the requirements for joining your certification courses (beside purchasing your yearly membership)? Is there any time requirement between each belt test and, since I have experience, am I eligible to start at a higher rank? 022025

- A:1. First, I suggest you read the common questions & answers at <https://budoshin.com/about-bjj/common-questions/> .
2. All of the belt rank requirements & tests up through ikkyu are in the Student Handbook [free with your BJJY membership] and at <https://budoshin.com/training-testing/belt-rank-requirements/kyu-grade-requirements/> . All dan grade requirements can be found in the Black Belt Handbook [free when you get to ikkyu] or online at <https://budoshin.com/training-testing/belt-rank-requirements/dan-grade-requirement/> .
3. You can start testing at any kyu or dan grade you wish. However, I recommend that you start at the beginning [and you can advance through the kyu grades at your own speed] as it allows me to catch any problems early on and this increases your chances of success at higher belt levels. Conversely, the higher the test level you start at, the greater your chances for failure due to too many basic errors. I hope you can see this based upon your martial arts experience.
4. All testing below Sankyu is free [no charge]. Starting at with the test of Sankyu there is a \$35 test set-up fee and testing can still be done via video [with security restrictions] or live via Zoom

[depending upon my schedule]. Nor do I charge for BJJY certificates of rank.

5. More more info on BJJY benefits please go to <https://budoshin.com/membership/benefits/> .
- 6.Please be aware that this is a totally up-front program with no surprises. I know the website is detailed but this is the reason for it.

Q: I have another security question about your "secure" email list. If I want to be on it what information do you need? 022425

A: The only information that goes on my email list maintained by VerticalResponse is your first & last name and your email address. Nothing else. I could also list your phone number mailing address, or any other information I could collect from/about you, but there's no need for all of that unnecessary information to be posted. Also, VerticalResponse has never had a security breach in the 20+ years I've been with them.

Just as an additional bit of info, although I may have your phone number and mailing address on my BJJY membership roster on my computer, I will not give out that information about you without your specific permission.

Q: Where are you based? 022725

A: Thank you for your inquiry.

The Budoshin Jujitsu Dojo, run through the local park & rec dept., is located in Santa Clarita, CA, about 30 miles north of Los Angeles. That's where I'm based. The Budoshin Jujitsu Yudanshakai is an outgrowth of my online program and other Budoshin Jujitsu dojo in various parts of the US & world.