



# KOKORO

**OUR 58<sup>TH</sup> YEAR**

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

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

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

**Q: I want to increase my knowledge and proficiency with the hanbo. Do you have any online or other resources to help me? 032525**

A: To update your hanbo skills you have some options open to you:

1. You can go to <https://budoshin.com/store/bb-home-study-course/> to see the contents of video #5 [some hanbo defenses] and #7 [some hanbo techniques]. Each video costs \$14.95 + tax. As you don't have the whole series it might be more cost-effective to purchase the whole 8-mp4 series at \$89.95+ tax.
2. Another option is to go to <https://budoshin.com/store/training-seminars-2-5dan-videos/> and check through the topics on each video. Summer Camp 2006 may be your best bet. You can either buy the videos you want as an mp4 file, or you can go to YouTube & watch for free. When searching on YouTube always put "Budoshin Jujitsu" before the name of

the video. Example: Budoshin Jujitsu Summer Camp 2006.

3. You may also find some "cane" techniques presented in some of the videos listed at <https://budoshin.com/store/training-seminars-2-5dan-videos/> if you want to expand your learning/teaching parameters.

Please note that all hanbo techniques presented are an extension of "empty-hand" concepts that you can also be working on at the same time.

**Q: Question on Green belt extra credit for a basic hip throw. Do I have to use the ones in the videos or can I use a basic judo one like uki goshi.? 032625**

A: Any basic hip throw will do. As long as I see the right hip properly dealt with I'm happy. In jujitsu there are very few techniques that can be done only one way. Same for tai-otoshi although the one I want to see is the one shown in my video. There is a method to my madness.

Also, on any technique listed in the kata section of any test you can have your attacker attack you any way you wish. In the waza portion, I specify the attack and you can use any jujitsu technique you know.

## UPCOMING EVENTS

**The August Zoom conference will be on  
Saturday, August 2, 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.**



# Why?

by George Kirby



## **Why learn breakfalls?**

To prevent you from breaking when you fall?

## **Why use appropriate mats to train on?**

To help absorb the shock of your landing

## **Why use landing/crash pads on top of mats?**

See above answer - - but do it better.

## **Why are there margins in books?**

So you can add your own notes.

## **Why wear a judo gi in a jujitsu class?**

It will take the abuse that normal clothing or "lighter" gi will not take.

## **Why are there colored belts in most martial arts?**

To differentiate progress & competence levels.

## **Why are black belt grades different from lower ranks in Jujitsu?**

They're "teaching" grades.

## **Why are sensei concerned that you learn techniques correctly?**

For your own accomplishment and for greater street success.

## **Why are jujitsu techniques ultimately designed to injure or disable your attacker?**

To prevent him from continuing their attack so you can escape safely.

## **Why is "situational awareness" an important self-defense strategy?**

So you can be aware of your surroundings & hopefully avoid having to use self-defense techniques that might/would injure your attacker.

## **Why have bare feet on the tatami [training mats]?**

So your feet don't slip. Plus it's "tradition".

## **Why keep your nails short and clean?**

So you don't unintentionally scratch your partner & possibly cause an infected injury.

## **Why should you always wear a clean gi in class?**

Out of respect to the art, the dojo, your sensei, your training partner, and most importantly, to yourself.

## **Why do you bow [rei] when entering/ leaving the dojo, start/end of the class, before/after you train with your training partner, and before/after training with your workout partner?**

Out of courtesy and respect to all of the above - - - and yourself.

## **Why don't you "fight" using jujitsu?**

- A. Because you're "helping" your opponent go in the direction he wants to go.
- B. Because fighting/attacking another person is philosophically the most degrading thing a human can do.

## **Why is jujitsu called the "gentle art"?**

Because a) you're helping your attacker go where he wants to go, and b) if you're using his ki properly, you don't have to use your strength and energy to "help" him on his way.

## **Why is jujitsu difficult to "master"?**

Because it's a "parent" art. Most other martial arts that exist today evolved from elements of traditional jujitsu. There's simply a lot more to learn.

## **Why is the Budoshin Jujitsu belt knot sometimes referred to as the "death knot" by others?**

Because it indicates commitment to defend oneself "to death" if necessary. [Source of the "death knot" mythological rumor is unknown. The "answer" is a response to the myth.]

## **Why does the Budoshin Jujitsu belt knot sometimes come undone?**

Usually because it wasn't tied tightly enough at the outset. Mythology-wise, this may mean that the student isn't fully committed or just doesn't know how to secure the knot tightly.

## **Why all of these questions and short answers?**

Sometimes simple questions need to have simple/ straight-forward answers.

*Note: If you want better explanations from people when you ask a question, ask "what are your reasons" rather than "why". Asking "why?" tends to put more people on the defensive in terms of their response rather than a good answer as the word "why" infers that you did something wrong..*

**Q: When it says te tatake in kata on the Green Belt test, is that a te tatake uke does or tori? [032625]**

A: Anything listed in the “kata” section is a specific technique or move I'd like you to demonstrate on your uke. It's a strike that the tori does to the uke, such as a palm strike to the nose or cheekbone, fist strike to the sternum or solar plexus, backhand slap to the side-base of ribs, etc. It should be to a sensitive part of the body. It can be light contact or no actual contact.

**Q: Thank you for your help in helping me find sources of hanbo techniques. There were some in the Home Study Course. Any other resources? 040225**

A: You can go online on YouTube you can look for “Budoshin Jujitsu Summer Camp 2006” or you can purchase the mp4 file from my website. You might also try to obtain the book Stick Fighting: Techniques of Self-Defense by Masaaki Hatsumi and Quintin Chambers, [© 1971 & 2012] it might also help you. Pix are sort of washed out but otherwise a good resource. Decades ago I used to have a book specifically dealing with hanbo technique but loaned it out - - only to have it disappear. ☹️

**Q: Please can I ask you a question, with another organization I belong to promoting me to the rank of Shihan, when I do anything under the Budoshin Ju-Jitsu umbrella, am I still to be called Sensei and only called Shihan when attending their classes etc? or does my rank get recognized in all arenas? 040225**

A: First, most/many organizations I know of consider “Shihan”, etc., honorary titles, not a rank in recognition of outstanding service rather than just technical proficiency. So, according to the TSKKIA [I think] your ranked as a godan, but your title is “Shihan” perhaps rather than “sensei”. If you want to know where the Budoshin Jujitsu honorary titles are, go to <https://budoshin.com/resources/kanji/#honorary>. I'm sure you'll find some conflicts here which unfortunately do nothing to ease your concerns.

The AJA looked at honorary titles decades ago & decided not to touch it with a 37 foot [11.28 meter] pole due to the overwhelming variable and conflicting criteria/descriptions for these “honorary

titles.

What title you are called ultimately depends upon what the sensei of the dojo or members of your organization decide to call you. I would probably refer to you as “Shihan” if I was formally introducing you to my class or another black belt simply out of professional courtesy. If you were teaching your jujitsu class [regardless of ryu] it would be appropriate to refer to you as shihan or sensei. However, if a student asked you who gave you the title of Shihan it would only be professional of you to specify the source and answer any other relevant questions they might have. That's an issue of respect. If you respect your students, they, in turn, will respect you.

I wish there was a black and white answer here, but it's the best I can do.

**Q: Are there any AJA western region tournament videos available? 040225**

A: You can go to <https://www.youtube.com/watch?v=TPPT71gLLBU> for a western region AJA tournament video or <https://www.youtube.com/watch?v=ekUDDdsrRb8> [just one great competitor].

**Q: I've learned some other martial arts but I would like to learn Budoshin Jujitsu but I have very limited physical mobility. I use a cane or walker. Although my wife might be willing to help me I'm concerned about my potential limitations. Please advise. 040325.**

A: I'm somewhat stuck with your situation. There are some martial arts where you can just practice forms by yourself and become proficient in going through those movements. In doing so it may maintain or help your flexibility and be a good mental exercise, but without body contact [training partner], you're not really learning a martial art for self-defense purposes. So I don't want to lead you down a false path. From what you've said, your mobility is limited and that limitation may severely impact and limit what you can effectively learn.

Also, traditional Japanese Jujitsu is centered around developing your self-defense skills. While there may be some techniques you can do, you have to be able to demonstrate them on another person if you're interested in belt promotion



# BJJ MEMBERSHIP FEES

**1-Year US or international BJJ membership . . . \$45**

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with automatic annual renewal . . . \$40**

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## ⇒ PACKAGE DEALS ⇒

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

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

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

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

or going just beyond learning isolated kata's [forms] that are just movements. If your wife is willing to get involved as your training partner, you must be very careful with each other because all techniques are designed to unbalance and/or ultimately injure an opponent. So, just as an example, if you're setting holds or locks your partner needs to know when to say "maitte" or "stop" before the hold starts to hurt. This is why falling skills [ukemi] and foot/body movement skills are so important - - simply to protect yourself from injury. I would assume that your wife would want to learn techniques herself so that she could pick up some skills and you would have a better idea what the execution of those techniques on a human body feels like. Also, I don't know what physical limitations, if any, your wife has - - - and that may place further limitations on the training for both of you.

On the "positive" side, either a cane or even a walker can be a very effective self-defense tool if you can maintain your balance and foot movement without them. There are books and videos available on the use of the cane [even a

couple of videos on my website and YouTube] but they all depend on having good balance and effective footwork. There are even a couple of questionable "walker" techniques, but I haven't found any books or videos dealing with such.

If you want to move forward, with the above concerns and potential limitations in mind, it's your decision to do so. I just prefer to be up front and honest with you. If you want to purchase any items you can do so on my website <https://budoshin.com> using PayPal. Even with all the training materials you will have to pick and find what works for you. Your existing background may help you in this process.

Oh, don't worry about high kicks. Seki never taught us any kicks above the waist; too easy to block, trap & counter, or evade if you saw them coming.

Please get back to me if you have any further questions.

**Q: If I could use my wife as a partner and gently do wrist locks, blocks ground techniques etc but alternate with a dummy would you allow that?  
040325**

A: Yes, you could use your wife. However, for safety's sake increase pressure on joints, locks, holds, etc., very slowly so your partner has time to respond. Keep in mind that if you're causing pain, injury may have already occurred. A dummy might be useful for some basic judo throws, but that's about it. The dummy may have limitations with respect to joint flexibility that are essential to you showing technique setup and execution of throws properly.

**Q: For instance my wife comes at me to attack. I then step in and block and perform a c lock and do a gentle take down and she taps out. That could be a demonstration. Then for the next she comes at me and I work everything up to a throw, she then steps out of the way and I get the dummy and perform the throw. Once on the ground I could perform everything on it plus show what I'd do in real situation and my wife could step back in. 040325**

A: That's plausible. The issue is still the shoulder/arm/elbow/wrist/fingers or hip/leg/knee ankle joint flexibility of the dummy. Also, and more importantly, 1] it can't move as a real person does as a technique is executed, and 2] it can't give you a feel of a human being as you execute any techniques on it.

**Q: I hope that makes sense. Even if you don't think it is a fit for me to do Budoshin training and earn rank, I still may purchase videos and memberships etc. for personal use. 040325**

A: That's ok. Some techniques may be very easy and doable for you. Some may not. Also, you still may be able to put workable techniques together with other martial arts skills you've learned to make it a viable self-defense system for you at the very least.

**Q: How do I get my students to respect me? 0408025**

A: There are a couple of very important things you can do. First, you need to show them [not tell them] that you are worthy of their respect by respecting yourself. Second, you must respect them - - - whether they be an adult or a child. That doesn't mean you have to agree with them, but that you treat them as

an equal. If your students see that you respect them they will be more willing to cooperate and work with you. You may also benefit from their insights as they may be more forthright and honest with you because they respect you.

Where did I learn this? I learned it from teaching in a tough jr. high school where kids would "eat" some teachers for breakfast every day plus an assortment of high school and adult gang member problems. However, treating all with respect helped break down a lot of barriers. I guess what's important is not only what you do, but how you do it.

Remember, you're their sensei; their teacher; their guide. One of your major responsibilities, regardless of whatever you're actually "teaching", is to help them become a more responsible and respectable person who also has a sense of integrity combined with humility.

If you can do that you will have won them over and that's what will be a major part of what they remember you for throughout the rest of their lives.

**Q: What was the first technique you learned in Sensei Seki's dojo? 040925**

A: I believe it was a te-nage [hand throw] for a straight knife thrust.

**Q: Where did the Budoshin Jujitsu curriculum [or sequence of techniques/belt-requirements] come from? Was it based on Seki's belt requirements? 040925**

A: To my knowledge Seki did not have a list of belt requirements. He just taught the art in a traditional manner and when he felt you were good enough at the techniques you were practicing and in self-defense situations, you got a promotion to the next belt – at his discretion.

When I wanted to teach jujitsu as an PE elective class at the junior high I was teaching at I had to develop the curriculum; something students could take for up to 2 years [8<sup>th</sup> & 9<sup>th</sup> grade]. I also had to decide what techniques would have to be listed as required for each belt level. And yes, belt-rank technique requirements have changed or modified on rare occasion over the past 50 years.

**Q: Do you allow other sensei to modify your belt-rank requirements and still call it Budoshin**

# TIPS ON FIGHTING FOR YOUR LIFE

by David Bellman



Unlike a martial arts competition where combatants shake hands, tap gloves or bow to each other before a match begins, fighting for your life is not about large trophies or oversized belts that go

around your waist. It is a winner-takes all – and that **all** is basically the right to live to see another day.

## CHOOSE YOUR POISON CAREFULLY

In a life or death situation, there are no extra points for style. No one cares how *pretty* your form is. Choosing the *wrong* technique or plan of attack can be a critical mistake that you often cannot take back.

You are stuck with the consequences of the road that you go down, of the strategies that you employ, and how you go about using the martial arts craft that you trained in. So, it is important to metaphorically *choose your poison carefully*.

## GO WITH WHAT WORKS

Here is a reality check for you if you do not already know it. Not everybody feels pain. Here are some reasons why.

- **Some people are strung out on drugs and do not feel the pain.**
- **Some people are inebriated and may not feel the pain when it is administered upon them.**
- **Some people are just mentally unbalanced, pumped full of adrenaline and not of right mind.**

The reasons why a person might not feel pain is really secondary to the fact that you have a multifaceted problem on your hands. Your assailant does not feel pain, he is violently attacking you, may be mentally off-balance and, worse yet, may not be fully in control of his emotions or temperament at the time.

In the pursuit of successfully defending yourself and getting out of an escalating situation, **go with what works**.

## THUMB OR FINGERS IN THE EYES

A thumb or fingers jabbed directly into an assailant's eyes is a quick method of stopping him from trying to inflict great bodily harm against you. It is difficult for an assailant to attack if he is having difficulty seeing.

The eyes are a very sensitive part of everyone's body and attacking them creates an immediate stunning effect on a person's sense of sight. There are a variety of ways of attacking the eyes.

- **Rake your fingers across the eyes.**
- **Rake the back of your fingers across the eyes.**
- **Use a back-and-forth raking maneuver across the eyes.**
- **Thrust one or both of your thumbs into your assailant's eyes.**
- **Jab one or more fingers into the eyes.**
- **Throw a handful of dirt or sand into your assailant's eyes.**
- **Spray pepper spray, bear spray, hairspray, bug poison or any other type of aerosol into the eyes.**
- **Throw a handful of change in your pocket toward the eyes as a distraction.**
- **Jab a car or house key into the eyes.**
- **Shine a very bright LED light directly into an assailant's eyes to momentarily blind him.**
- **Throw a hot cup of tea or coffee at the eyes.**

Have your keys in your hand when you are walking to or from your house or car. Carry a small but powerfully lit LED flashlight in your hand, pocket or purse, as well as pepper spray.

## ATTACK THE THROAT QUICKLY AND FORCEFULLY

Like the eyes, the throat is another viable area of the body to target. Both the throat and the eyes make excellent targeting regions, especially for close quarter attacks. If you are forced to the ground with an assailant, targeting the throat and/or the eyes is an effective way of inflicting damage upon him, as well as creating an opening for you to either counterattack or get away from him, or the situation altogether.

One important point to keep in mind is that there really is not a lot anatomically protecting an assailant from a quick and forceful direct attack to

the throat. Some of the ways of attacking the throat include the following.

- **Grab the throat as though you are grabbing a tube and squeeze your fingers behind the windpipe.**
- **Grab the throat, the same as above, but after pinching your fingers behind the windpipe, strum aggressively downward.**
- **Thrust your index and middle fingers into the hollow of the throat, slightly below the Adam's apple.**
- **Cross your middle finger over your index finger to reinforce your index finger and thrust the two crossed fingers into the hollow of the throat.**
- **Form a "C" with your striking hand, palm downward, and drive the inside of the web of your striking hand into your assailant's throat.**
- **Take your striking hand and turn it palm up, tucking your thumb in across the lower joints of your hand, and deliver an inverted ridge-hand strike to the throat.**
- **Thrust your keys into your assailant's throat, or any other long, sharp object you might have on or near you at the time.**
- **Take a flashlight and drive either the front or the back of it into or across your assailant's throat.**

As you can see, the throat is a very vulnerable part of an assailant's body and makes for an excellent targeting region, both standing and on the ground.

## **AN ELBOW AND FOREARM ARE HARD TO IGNORE**

It is hard to ignore a solid elbow or forearm strike slamming into your body, especially when it has the backup mass of the body behind it, potentially adding tremendous power to the strike.

Another factor to consider is that elbow and forearm strikes can be delivered at varying angles to enhance targeting to vital points on the body.

There are generally two types of elbow and forearm strikes. There is a **line strike** and a **point strike**.

- A line strike uses a large surface area of the body to attack a point on an assailant's body,

such as the forearm. Though it can cause severe damage to an assailant, the shockwave of the strike is distributed in such a way that the penetration is more *surface-oriented* than *depth penetrating*.

- A point strike uses a smaller, pointier part of the body to attack an assailant, such as the tip of the elbow. By nature of this type of strike, the penetration is much deeper and more concentrated to a particular area of the anatomy, therefore potentially causing more severe damage.

A well-placed forearm strike can be effectively used to move an assailant away from you with the driving force of the strike.

As I mentioned earlier, a forearm or elbow strike is hard to ignore. What is more, there are a variety of different ways to deliver an effective elbow strike that makes it versatile, as well as effective.

## **DEFENDING AGAINST AN ELBOW STRIKE**

An effective way of dealing with an elbow strike coming at you is to *redirect* the force of the blow so that you do not take the full impact of the strike.

If an elbow strike is coming at a *downward angle* toward you, use a palm-heel deflection at a downward angle to redirect the energy of the strike in a different direction (away from you).

If an elbow strike is coming at an *upward angle*, such as to your jaw or temple, use the palm or palm-heel of your hand to deflect the energy of the strike at a 45-degree angle upward, redirecting the force of the strike away from you.

***What you do not want to do is take in the energy behind the elbow strike directly into you.***

## **INFORMATION TO LIVE BY**

Within this article is some useful information to help keep you safe. Be careful of being sucker punched by an assailant. Be alert all the time, and in uneasy surroundings, train yourself to be hyper-aware. Expect the unexpected.

If you do suddenly find yourself in the middle of a confrontation, try not to stay in a reactive mode, but instead, train yourself to quickly move into a proactive mode and stay *ahead* of developments. Be ahead of the curve, rather than behind it.



## Jujitsu? 040925

A: As long as the sensei doesn't remove technique requirements to make it easier on students to pass, I rarely have any problems with it. On occasion a few sensei have added a few techniques, which I really can't ultimately object to.

You also must realize that to me the requirements of the "waza" portion of any belt exam, the sensei has quite a bit of flexibility in what techniques he can teach. As a result, students in different dojo may learn different techniques to meet the waza test requirements. This really isn't a major issue though, because by the time they reach ikkyu [1<sup>st</sup> brown] or shodan [1<sup>st</sup> black], their skill & knowledge level is pretty much the same regardless of what Budoshin dojo they're in as the kata & waza requirements at that level are so extensive and all-encompassing.

## Q: I just sent you a video dealing with auto-knives. What are your thoughts on them? 041025

A: In the hands of a law-abiding citizen who uses good judgement there shouldn't be any problem.

However, in my mind, the auto-knife is more "concealable" than a switchblade and that, probably is the problem and why possession is illegal in many states. Then again, if the possessor has unlawful "intent", he'll use whatever weapon is most expedient for his purpose.

What put nunchaku on the illegal weapons list in many states was the fact that it IS concealable. One end is in a coat sleeve and the other end is resting on the chest. Just put your hand in your jacket, grab one end, and "whack!"

It's unfortunate that lawbreakers make life so difficult for law-abiding people.

Q: I have a BJJ black belt holder in our class who recently tested for his first colored belt with us. I followed the lead of my previous Budoshin instructor and had him test for everything at the belt level, including ukemi. Some folks have suggested to me that, out of respect for this student's previous experience, I could have dispensed with that requirement entirely and possibly just confirmed with a less

## 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

formal mat test that he could handle the basics and simply award the first belt. 041825

A: You did the right thing. If a student of a different ryu/art wants a rank in Budoshin Jujitsu [or any other martial art or ryu] they should be proficient the the



belt rank requirements for that martial art or you. If he's a black belt he may be able to progress through the ranks faster, but to allow him to rank without the appropriate skills is an insult to your other students who are trying to learn and become proficient [or better] at those skills. As long as the BJJ black belt understands this you'll all be ok.

**Q: Also, unlike some karate schools, we do not charge for testing; once someone has been in the dojo for a reasonable amount of time and has diligently attended classes, I let that student make the call as to when they feel ready to test. Some have suggested that that process is inefficient and holds up the other students who show up for a class to learn techniques only to be compelled to watch a test. My feeling is that it is always valuable to watch someone else test but I am also open to the suggestion that perhaps one day each quarter should be set aside for testing and that multiple students at various levels could test and those not wishing to witness a test could just take a day off. 041825**

A: In our city park dojo we only do testing the last week of each 9-10 week session. I think it's every students' responsibility to show up for testing, whether only one person is testing or several people are. Being there supports the student who is testing and shows respect for the process, the dojo, AND the student who is testing. Plus, observing students may gain some insight into a current student's proficiency or, if they're a lower rank, what they'll be looking at when they test for higher ranks. Observing others being tested is part of the learning process and part of being a dojo/family member.

Just as an FYI, I've never charged for testing at my "park" dojo, nor for dojo certificates of rank – probably because Seki never did either. As far as the BJJY is concerned I charge a minimal "test set-up" fee for setting up belt test for Sankyu on up through black belt ranks. I do not charge for BJJY promotional certificates of rank.

**Q: Have you ever skipped a rank in testing or promoting a student? 041925**

A: On extremely rare occasion I have skipped

nikyu [2<sup>nd</sup> brown] for a really exceptional Sankyu, but in 58 years of teaching that probably hasn't happened more the 3-4 times.

If I feel a student is ready for testing for their next belt I will tell them I think they're ready and I believe they will pass. I haven't had one of those students fail - - - yet. Some students need this reassurance to test as they may be too self-cautious, or insecure to ask to test. Helping students develop their sense of self-confidence is a responsibility of any teacher teaching any subject.

**Q: What do I need to do to get an editorial into Kokoro? 042325**

A: Basically, all you have to do is submit it to me, sending it as an email attachment. Lengthwise about 500-1100 words [1-2 pages] is nice. It should have some sort of martial arts intention or theme.

Please also submit a "headshot" picture plus a really short martial arts autobiography of yourself.

I will correct any spelling and grammatical errors to the best of my ability. If I think it needs serious reworking I'll get back to you. Otherwise you can expect publication usually within 2-6 months.

**Q: I'd like to ask questions but don't want them traced back to me as I don't want to be placed in the awkward position of having to explain myself to others. What do I do? 042325**

A: Not to worry. I go through all questions and try to remove any personalizing references: no names, locations, gender, your or anyone's specific rank or art/ryu, specific dates; anything else that might be traceable.

My goal is to have your question as "generic" as possible so I can answer it clearly.

If your question is so personal that I can't deal with it generically or think it might put you in an awkward position, it will NOT appear in Kokoro. There are emails that I answer [sometimes lengthy back & forth philosophical discussions] that may not be appropriate for the Q&A format or Kokoro or that I feel should just be responded to privately.