



KOKORO

Vol. 24 #8, August, 2017
senseigk@budoshin.com

Questions are an integral part of learning. They help me realize areas of study that require clarification. Here are more questions from BJJY members.

Also, none of the question responses, opinion, or editorial content provide any legal advice in any form or manner regardless of how qualified or experienced the author may be. Always consult a qualified attorney if you need legal advice.

Q: I was recently promoted to sandan by another jujitsu organization. The certificate also says that the promotion is valid only until the end of the year, unless I renew my membership with the organization. Somehow this doesn't feel right. I feel that once a rank is awarded that it's continued validity shouldn't be based on maintaining membership. Am I right? 052517

A: Although I agree with you, that's how some organizations function and/or maintain membership. However, from a different perspective, it's like a high school or college saying your graduation diploma will remain valid only as long as you are a member of the alumni association.

You might want to find a way to very tactfully raise this issue with the leadership of your organization, asking them what their rationale is. As a sandan you might have some sway, especially if you've been with the organization for many years & have been a loyal member. Do it respectfully without making it a direct challenge to their "authority". You'll have a better chance of receiving a response that either may be acceptable to you or you use to possibly negotiate a change in overall policy.

If, on the other hand you affiliated with the organization solely to get the promotion, sometimes you "get what you pay for."

Q: I am enclosing credit card information so you have it ...mastercard ...XXXX-XXXX-XXXX-XXXX/

CONGRATULATIONS: YUDANSHA PROMOTIONS!

Congratulations to the following yudansha who secured promotions in the past couple of months:

Marc Tucker—Kyoshi—Budoshin Jujitsu Dojo
Enrique Torres—Renshi—Integrity Defensive Arts
Steven Castorena—Renshi—Gentle Lion Dojo
Tony Damigo—Renshi—BJJY
Gary Bulian—Godan—Markham Jujitsu Dojo
Byron Davis—Yodan—Budoshin Jujitsu Dojo
Michael Langewisch—Yodan—Budoshin Jujitsu Dojo
Roger Fung—Sandan—Markham Jujitsu Dojo
Glenda Perl—Nidan—Budoshin Jujitsu Dojo

I hope that all of you will continue to share your knowledge of the art for years to come. You have so much knowledge to give to others so that they too can benefit from learning Budoshin Jujitsu.

UPCOMING EVENTS:

Fall Training Seminar
Arlington, VA
Nov. 4, 2017

Contact senseigk@budoshin.com for details

Budoshin Ju-Jitsu Summer Camp
North Oaks Park, Santa Clarita, CA
Mid-August, 2018

Contact senseigk@budoshin.com for details



BUDOSHIN JU-JITSU BLACK BELT HOME STUDY COURSE

AVAILABLE IN DVD or mp4 FORMAT!

STILL ONLY \$89.95 for either format!

Shipping: mp4 = \$0 & sent by internet usually within 24 hr.

dvd = US Priority Mail \$10.50 [US] usually within 3-5 days

Go to www.budoshin.com/BJJhomestudy.htm to order using PayPal.

Joe Smith/02/21 digit XXX. I use it when I need something. Could you bill me for aja membership and 2 other patches I need for the uniform on june 1. I will purchase gi from you on july 1. 052517

A: The 2017 calendar year AJA membership with AJA patch will cost \$26 + \$3s&h = \$29. The 50th anniversary patch is \$6 [no s&h] if ordered with the gi or the AJA stuff.

I do not deal with credit cards as the minimum monthly charge to accept credit cards is too expensive for me. I will only accept PayPal, Skrill [www.skrill.com], QuickPay [Chase Bank], clearXchange [Bank of America, Chase, Wells Fargo, First Bank, Capitol One or U.S. Bank] or money orders [which can have a several day processing delay]. Also, assuming that I did receive credit cards directly, it would have to be in the name of the person ordering the merchandise as verified over the phone.

Also, as a bit of security info, you should never put the credit card info on an email as emails can be read by unscrupulous fraud people. All that info should be provided ONLY in person or over the phone.

I'm not trying to be "cold" about this but you don't want to put the credit card holder's account at high risk.

I really wish I could accommodate you & your request to use the other person's credit card

but I can't, for the reasons stated above. If the other person wishes to order through any of the venues I've mentioned above that's ok with me as they do the necessary verifications & only costs me [PayPal 2-3%] or you [Skrill 2-3%] for the service. MOs cost money but QuickPay & clearXchange tend to be free.

Q: I received the dvd set today. I will be practicing 6 days a week 2 hours a day. I would like to test every 30 to 60 days. Is this ok. 052517

A: You can test whenever you feel you're ready to test. Just make a video of you answering the appropriate questions on page 17 of the Student Handbook and the kata & waza as listed on page 21 [Rokyu-Green Belt] of the Student Handbook. Then send it to me by going to <https://www.hightail.com/u/Budoshin> and follow the directions for sending your video file[s] to me.

Q: Recently I was shown a grip by a teacher. Nothing really unusual but I had not seen it before.

Using a double parry off a right punch, she captured the wrist with her right hand. However the grip was only held by the last three fingers. The thumb and index finger staying free. She then pulled the arm back and created what I would call a bracing angle . It really locked my hand in perfectly. I weight 227 and she about

STUPIDITY

by George Kirby



"If you touch me I'll knock your teeth out."

"I know Hop Chop Choy and can beat anyone."

If you're in a potentially confrontational situation you should:

- A. Put your hands on your hips & stick your chest out.
 - B. Clench your fists at your side
 - C. Stiffen up your body, step up close, & "get into the other person's face"
 - D. Bring both arms up into a blocking position with clenched fists [tachi waza]
 - E. Turn your back to the person
 - F. Start using expletives to demean the person
- [Answer to above: All of these choices are wrong!]

I'm wearing a belt [buckle has a knife concealed in the belt] I can get through airport security.

I can have three drinks and not get stopped for a DUI.

All of the above are prime examples of stupidity.

[Segway . . .]

When I was in 7th grade [first day of PE in junior high school in 1956], Coach Raines, said to us, a bunch of ancy 7th graders, "There's a difference between ignorance and stupidity. Ignorant people don't know any better. Stupid people know better but do the wrong thing anyway. I'm very tolerant of ignorant people, but don't act stupid around me."

Somehow his statement has stuck with me for the past 61 years & has had a major impact on my life personally & professionally. To me, ignorance, within Coach Raines' definition, is not bad. It simply means that a person lacks information or doesn't know any better. So, if a student doesn't know something or how to do something I felt it was my responsibility as a teacher [and sensei] to help the student remove that bit of ignorance from their life.

We all also have to realize that most [or all of us] are ignorant many times in our lives. However, it is our willingness to recognize and admit our ignorance, and more importantly work towards eliminating our ignorance that is more important. In the long run it's easier and simpler to proactively resolve our ignorance than to stick our heads in the sand and hope for the best – until we get kicked in our butt. For lack of a better phrase [or pun] to then say ". . . but I didn't know any better," is a poor excuse and a sign of stupidity.

So, what does this have to do with us as martial artists?

If you're a serious martial arts student you tend to be more humble because you're hopefully more self-confident. There is no need to prove yourself on the street [or in the dojo for that matter] and no need to brag about what you know. As my sensei often said, "Keep your knowledge to yourself until you have to "help" someone." If you're sensei has trained you properly you will also do all that you can to avoid a physical confrontation as it violates the philosophical tenets of non-violence that are a part of most martial arts training.

If you're a sensei, your role is to help student [s] learn a skill you're very proficient at, not to berate them for not knowing any better or not being proficient at your level. No rational human being wants to be put down if they really were ignorant or their proficiency is not up to unrealistic proficiency levels. To do so is simply demeaning and counterproductive.

Your role as a sensei is also to help your students learn how to avoid or deescalate potentially confrontational situations whenever possible. Providing your students with an effective martial art is important if they have to physically protect themselves. However, having the skill to not need to use one's martial arts skills is even more important. Having that skill engenders the respect from others, even your antagonist on rare occasion. I'd seen that happen numerous times when my junior high students talked themselves out of confrontational situations,

As martial artists, whether we be sensei or student, we have an obligation to recognize that there is always something to learn and that continuous learning is essential towards eliminating ignorance. We also have a responsibility not to act stupidly, thus causing negative consequences either to ourselves or others. Both of these are difficult and lifelong tasks & responsibilities but they are doable.

Continued on next page . . .

However, if we are successful at both not only will it improve our own self-image and sense of self-respect, but it will also increase the sense of respect that others have for us.

To put it in simpler terms, it's easier to correct than to chastise. It's easier to be humble and perhaps let someone else win the battle. It's not always what you do, but how you do it. Read Sun Tzu — The Art of War.

Or even simpler . . . avoid stupidity.

140. I was really impressed and thanked her for this. Can you share something about this and it's origin ? 032216

Attacker is at 12:00, steps in with right strait punch. I step left a bit off center and do a left/right inward parry. Right hand slides down grabs wrist. I could go to arm bar, if attacker

bends the arm I go to figure four.

In her demo, after she grasp the wrist with her right hand she placed her left hand above my elbow. It was done with her left palm not grabbing but simply land open palm and I was pulled inward to her . She then let go of the wrist and did an empi to by jaw. It was the unusual grip she used with the right hand. Just three fingers. 032317

Couple of things. the thumb and index finger were actually free. You can duplicate the grip if you take your right hand and simple try to catch an imaginary right punch . Now grasp the wrist with total fingers involved. So index finger and in fact all fingers wrap and thumb grasp also. typical grab.

Now raise the index finger and thumb so the only thing holding is bottom three fingers.

Now the final position shows the above

BJJY MEMBERSHIP FEES

12-month US & international BJJY membership . . . \$40*

5-year US & International BJJY membership ONLY \$130*

PACKAGE DEALS

1 year BJJY membership + 8-dvd or mp4 Home Study Course:

. . . ONLY \$116.95* +s&h for dvds [no s&h for mp4 files]

5 year US BJJY membership + 8-dvd or mp4 Home Study Course

. . . ONLY \$214.95* +s&h for dvds [no s&h for mp4 files]

Click on: www.budoshin.com/membershipreg.htm get your membership.

***ALL certificates [membership & promotional] will be sent via email as pdf attachments for you to print.**

If you want "hard copies" of certificates mailed to you the following charges [which includes postage & subject to change] will apply:

US — first class: \$5 US — Priority Mail: \$10.50

Canada — first class: \$16 Canada — Priority Mail: \$29

International — 1st class: \$19 Int'l — Priority: \$39 Int'l — Express \$50-70

[First class mail is NOT insured and delivery in some foreign countries can be questionable.

Priority Mail IS insured and delivery in most countries is assured.

International Priority Express is insured, fast, and assured in most countries — and expensive.]

A STREET READY STANCE

-Jerry Heines, PhD



Most altercations start out as an argument or heated discussion and from there it could either (1) be diffused and everyone walks away or, (2) rapidly escalated to a physical confrontation. In either case we need to be prepared for the possibility of an attack. Body language can do a great deal to

help diffuse a situation so everyone ends up walking away, but that requires excellent control over our bodies and minds. This is a goal in our martial training and we can achieve this through our daily practice by correctly practicing meditation techniques.

It is through meditation (meisou) that we learn to control our emotions by directing our thoughts and mind to focus on our breath. In this way the constant chatter that goes on in our heads quiets as we turn our attention inward and focus. And as we all have experienced, some days it is very difficult to quiet our minds so it is important to study under a qualified sensei who can properly instruct you on various meditative techniques. (There are many techniques to help us accomplish mental control under various conditions but is not the focus of this article.) It is important that we integrate this aspect of our practice (namely controlling our emotions) into our sessions and one way this can be accomplished is during randori.

Randori is a valuable part of our training as it creates within us a desire to perform well and this in turn drives up our stress levels. So prior to stepping up on the mat to face your Uke for randori, begin to get your breath under control. If you lose this battle, your emotions quite often will take over so it is very important to begin to work on controlling emotions. Once emotional control is lost, it is impossible to see and feel what is going on in your immediate environment. Muscles tense, reactions slow, breathing is compromised, energy is quickly drained, strategic planning skills are compromised (even totally lost) and many other negative elements arise once emotions take over the brain and body. This ability to mentally control ourselves spills over into daily life

e.g. in business meetings or personal relations, etc. After all, we can not control what goes on around us but we can control our reactions.

Now let's assume that someone we do not know confronts us on the street or in an office in a heated verbal confrontation and we are unable to just walk away. Our heart rate would begin to race with the dump of adrenaline in our body. But through training, we immediately go into our randori mode and start to calm our racing mind with one of the meditation techniques referenced in the previous paragraph. Our goal is to try to diffuse the situation so we all walk away. But how do we actually stand physically to face our aggressor? We could stand with our arms at our sides as it is non-confrontational but this puts us in a very vulnerable position. As noted in an earlier article, the most often used attack by an untrained fighter is a large haymaker punch to the jaw. The real problem here is that the most vulnerable parts of our body that, if struck hard, would cause a knock out are our jaw line (from the ear to the chin up to the other ear) and temples. Standing with our hands down by our sides means the hands have to move the maximum distance to get to our jaw-temple area to block such a hit and protect ourselves. Most likely this would not be in time. So this puts us in a very vulnerable position and is therefore unacceptable as a stance to assume when confronted by an aggressive person.

We could assume a fight stance such as pictured in Fig 1:



Figure 1

This stance is acceptable in that both our hands and arms would be in a position that protects our jaw and temples from possible attack. However, this posture says in a loud and clear message...Bring it On Dude...and this defeats any chance of diffusing the situation so we walk away. If we have any chance of de-escalating the confrontation, this is not the stance to immediately assume.

I have configured a stance proposed here that meets both criteria of being (1) non-threatening and (2) maximum defensive position simultaneously. My proposal is to assume a stance as shown in Figure 2 or 3 (note that either foot could be forward, it is just shown here with the left foot forward).

I call this a "Street Ready Stance". Let's look



Figure 2



Figure 3

at what it offers:

1. the image that both pictures suggest is that we are thinking and listening to our aggressor. This person, although out of control yelling and throwing out insults, will recognize shortly that you are listening about what he/she is saying. We know through randori

practice the best way to control someone who is out of control emotionally is to just wait, stay alert and let them burn out their energy. Then we can “go to work” and finish it in the manner we desire.

The appearance that either of these stances gives is a feeling of respect since your paying attention and if you stay cool and don't interrupt, speak quietly and thoughtfully, your positive energy will replace his/her negative energy. The aggressor will quiet down and begin to lose the will to wage a battle. At this time you will be able to walk away. I teach this to all my students including women defense classes. And as Mr. George Kirby pointed out in private correspondence, this stance also conveys to any onlookers that you are acting in such a way as not to aggravate the situation. It is also important to let any bystanders and your aggressor know you do not want to fight.

1. in Figures 2 and 3 we see that the left or right hand is up. The legs are positioned so that we could move front-back or left-right as required. The hands are ready to block, grab or whatever we chose to do if attacked. This offers us the maximum protection while not escalating the confrontation though body language as done when assuming a full fight stance, Figure 1.

2. with one hand up, any attack from the front can be better managed. As noted earlier, the most frequent attack is a haymaker punch and if it hits our jaw line or temple it most likely will result in a knock-out.

The lower hand helps to protect against any hook punch to the ribs or a stomach attack. The legs of course are used for lower body kicking attacks.

The discussion above is rather basic but should give the reader enough info to begin looking in more detail about the benefits this stance offers. Deciding which hand should be up or whether you should adopt a conventional stance as shown in Figures 2 and 3 vs. a southpaw stance (viz. right foot forward but hands in similar position) is a result of analyzing your aggressor, but this leads into another discussion to be addressed on methods of how to do that.

Another aspect of the stance shown in Figures 2 and 3 (or the southpaw equivalent) is that if there is a surprise attack from the rear you are protected against a carotid choke. And with the hands in close to the body it is more difficult for an arm to be grabbed and locked up as in Ude Gatame, etc. As with any stance, all have strengths and weaknesses so look for both in any one you choose so you know full well how to use them to maximum advantage. When you are able to do this you are working in accordance with the principle of Seiryoku-Zenyo, maximum efficient use of energy.

In conclusion, the object of this article was to introduce a Street Smart Ready Stance that allows one the maximum means of protection while not escalating the confrontation through an aggressive, albeit highly defensive, stance as in Figure 1. Either Figures 2 or 3 accomplish this task.

For more info please like us on Facebook @TsunamiJujitsu

but try this. Drop your arm to your side and simply curl the forearm up palm down like a thumbs up dumbbell curl. So now the arm is locked and held tight. We call that an anchored elbow.

Once you do this, Now just picture that posture and a grab with bottom three fingers. 032317

A: Although there was a lot more “going back & forth” I think I’ve got what you’re talking about. If you go to <https://www.youtube.com/watch?v=JnGI222SoEw&t=151s> you can see my newest video, the “Budoshin Jujitsu C-Grip”, completed & posted around May 23.

I hope this addresses your question. If not, please let me know.



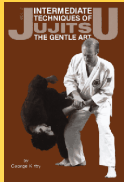
**ONLY
YOU**



CAN GET MY BOOKS BACK IN PRINT

If you'd like to see my out-of-print books available again, either digitally [online] or in print, please contact Robert Young, at Black Belt Communications at R.Young@blackbelt1000.com

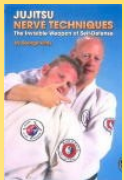
My out-of-print books are:



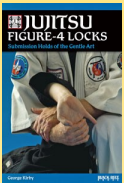
Jujitsu: Intermediate Techniques of the Gentle Art Vol 2 #441



Jutte: Power of Ten-Hands Weapon #452



Jujitsu Nerve Techniques #473



Jujitsu Figure-4 Locks #506

Please email Robert and let him know you'd like to see my books back in print or available in digital format. Give 2-3 reasons for bringing them back into print or digital format. Also, be sure to ask Robert when they'll be available online or back in print.

**You're the only one
who can do this!**

Thank you

Q: The email asking about sleeping at the Dojo for the 2017 SC, they do realize you cancelled it right? 060217

A: I certainly hope so. They hadn't registered yet, I've closed down registration information for the 2017 summer camp, and they haven't gotten back to me, so I think they got the message.

Q: In your Judo article in the June newsletter you mention practicing with your Obi. Do you demonstrate that in any of the videos, or seminars, or your books? I would like to learn and try it. 060317

A: It would make a good YouTube video topic. Something to do for me. All you really have to do is wrap or tie a long obi around a tree or VERY secure post or pole. Utility poles & storm drains on your house won't work. You can grab the ends of the belt at any points to practice a ton of aikido or judo throws. It's particularly helpful for developing foot-work. You can grab at the "ends" of the belt for hand or forearm grabs and closer to the center of the belt for techniques involving grabbing the gi or lapels of the gi.

Q: Any plans for a Jutte training video? 060317

A: It would be nice but I don't see one at this point. I'd probably use my out of print book as the source of techniques.

I did have a brain-cell flash though & it seems that there is a segment on the jutte at the start of part 2 [mp4 version] of the Summer Camp 2006 video set. You can get a good idea of the application of "empty-hand" techniques to the jutte on it. If you're familiar with the concept of empty-hand you should have no difficulty coming up with effective jutte techniques. However, I do urge you to be **EXTREMELY CAREFUL** if practicing with an uke. The jutte guard/hook makes it a very vicious tearing weapon that can cause permanently debilitating injuries if you're not careful.

If you can get a copy of my Jutte book [try Amazon or eBay] it's an excellent resource but it might be a very expensive purchase at this point.

Q: I was wondering if you have read any of any books by Darrell Craig and if he is a worthwhile read? His short author bio in Amazon indicates a lot of experience, but I haven't read anything from him. I'm finishing The Lost Samurai School by Antony Cumins, which was good, so looking for a new book. 060317

A: Although I didn't initially recall Darrell Craig, I did find the following review I wrote at www.budoshin.com/readings.htm is as follows:
Darrell M. Craig, [Japan's Ultimate Martial Art; Jujitsu Before 1882 The Classical Japanese Art of Self-Defense](#). Charles E. Tuttle Co., 1995, ISBN 0-8048-3027. If you'd like to read a good book on the history of Ju-Jitsu in Japan, along with line drawings of techniques and other eclectic material, this is a great resource. There's also some good "trivia" in here that isn't found anywhere else in dealing with the formalities of the art.

I understand your situation. Once you've read a number of books dealing with "one topic" it's hard to find another book that will give you something new to think about or think about differently. I'll visit the Barnes & Noble bookstore or Amazon online every few months to see if there's something that interests me. I also tend to visit out of town book stores as you never know what you'll find. It rarely is productive but occasionally there's a "bright light" on a book shelf. Sometimes people will recommend books to me as well.

If you find something good please let me know.

Q: After being sidelined by building a house and new dojo I hope to restart cross-certification with you Budoshin JuJitsu and, if it's possible affiliation/recognize with AJA. Can you send me the necessary paperwork? 060517

A: I'm glad that you're restarting the process — or both processes. I am attaching a number of items for you:

Two items so you can cross certify:

- a. BJJY Cross-Reference Form
- b. BJJY Cross Certification program
- c. I will be ccing this email to Sensei Marc Tucker as he is in charge of the BJJY cross-certification program. You should communicate directly with Marc to achieve this goal.

AJA Dojo application:

- a. Go to <https://americanjujitsuassociation.org/membership/dojo/> to download an application and for other information about applying for AJA affiliation.
- b. I am also forwarding this email to Sensei Harold Zeidman as Sensei Harold is the chair of the AJA National Standards & Certification Board. All communications regarding affiliation should be directly with him.

I sincerely hope that you are successful in both ven-

tures.

Q: I will have to check my paypal account and see if you refunded the money back last December when I accidentally paid to renew my membership early. I was trying to renew the AJA membership. I sent a receipt to in another email showing the payment.

I have not stopped training but this rank is much more difficult and is taking more time. Plus I haven't been able to train every week as my martial arts ministry and work has been keeping me real busy. I plan on staying a member for life. It is an honor to be able to be in this organization. I have been reading your books since the early 90's and using alot of the system with my own art. I think I will be putting a video together for you within the next month to show you where I'm at but I don't think I'm ready for

NO EXCUSES - - -

NOW: 4 EASY WAYS to PAY!

PayPal: The most common way to pay for memberships & merchandise. Go to www.paypal.com to get your PayPal account.

clearXchange: If you bank at JP Morgan Chase, Bank of America, Wells Fargo, First Bank, Capitol One or U.S. Bank [are there others?] you can use their "clearXchange" app to send money directly to my checking account for free. You can find your total cost, including shipping, by going through the PayPal order process to get to the total amount and then cancelling out of PayPal.

Chase QuickPay: If you bank at JP Morgan Chase you can send your payment to me via their QuickPay app for free. Just enter my name & email address onto your QuickPay list & you're set to go. You can find your total cost, including shipping, by going through the PayPal order process to get to the total amount and then cancelling out of PayPal.

Skrill: Good for those of you who don't use PayPal, especially international purchasers. Go to www.skrill.com for more info. You can find your total cost, including shipping, by going through the PayPal order process to get to the total amount and then cancelling out. Skrill will charge you a minimal amount to use their service.

USE HIGHTAIL TO SEND ME VIDEOS & OTHER LARGE FILES!

Do you know that you can send large files, such as your belt rank test/evaluation videos, [up to 2gb/file] to me via my Hightail "dropbox" at <https://www.hightail.com/u/Budoshin> for FREE as part of your membership benefits?

That's right! 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 large files.

promotion. Perhaps some feedback will help.

Let me know about the membership, if I'm mistaking or you refunded the money back I will just go ahead and renew. 060617

A: You have nothing to renew. Your AJA membership is good through 12/17 and your BJJY membership is good through 6/18.

Also, please send me the video when you're ready. Yes, the belts are increasingly more challenging up through 4th kyu, basically because of the number of new techniques you're learning. Starting with 3rd kyu you will still be learning a few more new techniques plus variations, the emphasis shifts to getting better at what you already know and smoothing out techniques.

Please also be aware that the techniques you use for the kata portion of the test can also be used in the waza portion in most cases. The reason I show different techniques or variations in the waza portion is to expand your knowledge base beyond what is actually required for the belt rank. So, when you test follow the requirements on the belt tests in the handbook rather than repeating all the techniques presented in each video.

Hightail will accept any format. Go to <https://www.hightail.com/u/Budoshin> to send the video.

Q: I was asked about a response to an attack similar to the recent London attacks...i have much to say on that but offered 2 suggestions on Facebook @Tsunamiujitsu if interested. 060817

A: Didn't want to put my complete comment onto Facebook:

You mean that he didn't accidentally slash

himself across his right torso, below his ribs as you brought his bent arm back into an armbar? You're so polite. ;)

I think one of the things we rarely show students is how a knife attack can be effectively used against the attacker with him cutting himself, perhaps fatally with the knife still in his hand. If he's aware of what's happening his body will naturally react to keep away from the knife blade which will make the technique even more effective. It is scary but effective. I occasionally have my students train in that framework just so they'll see how their attacker reacts.

Nevertheless *"your technique is a good technique & is easy to do. I would've gone into a shoulderlock rear throw/takedown, but it's 6 of one and half-dozen of the other. Both techniques can have dire consequences for the attacker if done properly."* --- Should be on your Facebook page.

Q: Is the BJJY membership the same as the American Ju-Jitsu Association? If my membership to the latter is expired how do I renew it? 060817

A: The AJA [American Jujitsu Association] membership is \$20/calendar year & you're paid through 12/31/17.

The BJJY [Budoshin Ju-Jitsu Association] membership is \$40/year or \$130 for 5 years & I've made membership renewable in June-July [your case] or December/January. Your BJJY membership is up in June-July, 2017.

Q: In testing for belts is testing at a nearby dojo an option? I live in a distance from the budoshin JJ dojo. Would I be able test at that studio for a fee? 061017

A: Testing arrangements at the dojo would be between you and the sensei of the dojo. I would have no problems with it. I have forwarded your email to the sensei so that you two can communicate directly with each other.

Your other option, obviously, is to test by video, simply following the mat test sequence for each colored belt in the Student Handbook. You would then send to video to me via my Hightail "dropbox" at <https://www.hightail.com/u/Budoshin> for FREE as part of your membership benefits. If you have questions please get back to me.

Just an addendum — You will have to be a BJJY member if you want to test you on my behalf or

as a BJJY exam. If you want to test by video you must also be a BJJY member.

Response from the sensei:

I'm not comfortable with a stranger just showing up and expecting to be tested. I don't know his safety sense, and that means a potential risk to his Ukes - my students. I've managed to keep injuries in 13 years down by enforcing strong safety protocols.

I think the BJJY option is so well developed, and has been refined over the years, that I would suggest it as a first and even second choice, at least until Budoshin Jujitsu expands further into the American heartland.

Q: My situation in brief: I teach martial arts to a small group of young people from a Title I school district. Although I love judo and Brazilian jiu-jitsu, neither is self-defense focused. These are young people with legitimate needs for self-defense (in a way I never needed it as a teen). My question: would cross-certification in Budoshin be an appropriate way of aligning my small group to a self defense-focused ryu? 061317

A: Yes, because Budoshin Ju-Jitsu and it's curriculum is organized around self-defense. Cross-certification would allow you to secure certification in a martial art that is purely defensive. [You'd not only get BJJY certification but also rank certification from the American Ju-Jitsu Assoc. Plus you could secure official instructor certification from the AJA if you want to pursue that option.] You'd be certified by an outside organization to teach "self-defense" while teaching a martial art that has a strong philosophy of non-violence.

It's appropriate for public schools because it doesn't teach anything "offensive", but purely defensive responses to street attacks. [That's one of the reasons it was approved for me when I taught it as an alternate PE class and elective at the jr. high level]. It fell under the LAUSD definition of a self-defense course. Kids could take it up to 4 semesters [sometimes 2 classes/day] --- plus summer school. The summer school program not only guaranteed me a summer job, but also kept a couple of other teachers employed due to my large class sizes.

A side benefit is that this kind of program will keep kids in school AND raise their grades. [Administrators love this.] Our jr high had a very high drop-out rate. I could also "blackmail" my kids by holding their high grades in my classes hostage to

BUDOSHIN JU-JITSU CROSS- CERTIFICATION

Would you like to cross-certify your existing black belt to get your black belt in Budoshin Jujitsu? If your answer is "yes", the Budoshin Jujitsu Yudanshakai can help you reach your goal.

The BJJY has a cross-certification program so that yudansha from different styles/ryu of traditional Japanese jujitsu, hapkido, & related arts can cross-certify into Budoshin Ju-Jitsu black belt ranks up through 5th dan.

For more information download a copy of the [Overview of the Cross-Certification Process](#) by clicking [here](#). and a copy of the [Budoshin Ju-Jitsu Cross-Referencing Form](#), so you can cross-reference your ryu to Budoshin Ju-Jitsu, by clicking [here](#). Once you complete the form [to the best of your ability], please email it to Sensei Marc Tucker [7th dan & Cross-Certification Chairperson] by clicking [here](#).

To go through the entire cross-certification process you'll have to secure your BJJY membership and ask for a Black Belt Handbook. Click [here](#) to secure your BJJY membership and the handbook will be sent to you as part of your membership package..

I hope you will check this program out carefully and start the cross-certification process. It will benefit you, your students and the BJJY.

If you have any questions or concerns please contact Sensei Marc by clicking [here](#).

getting a better grade in another class — and they'd do it because a) I gave them the self-confidence through jujitsu that they could do better and b) they learned they could do it if they put the effort into it—like they put into the jujitsu class.

Q: Would I still have the freedom to teach my group compatible tactics and techniques from the other arts I have studied? 0611317

A: Yes! I learned a long time ago not to fight battles I can't win. But from a positive side additional skills that you bring to the program will enhance your students' self-defense skills and that's what you're after.

Q: I'd like to send you an informal test for 6th kyu. Can you provide me some direction as to how to send the video to you via the hightail service? 061417

A: You can send large files, such as your belt rank test/evaluation videos, [up to 2gb/file] to me via my Hightail "dropbox" at <https://www.hightail.com/u/Budoshin> for FREE as part of your membership benefits.

Also, you do NOT have to register or sign up with Hightail to send me these large files.

If you have difficulty with the directions please let me know.

Q: How can I get other [back] issues of Kokoro? 061417

A: You have three options:

1. Purchase all back issues [back to 1994] as a single pdf file at \$14.90 for BJJY members or \$20.90 for nonmembers. Go to www.budoshin.com/books.htm to order.
2. Get it for free with a 5-year BJJY membership. Go to www.budoshin.com/membershipreg.htm to order.
3. Get it for free with the 8-mp4 or 8-dvd black belt course plus a 1 or 5 year BJJY membership. Go to www.budoshin.com/BJJhomestudy.htm to order.

Q: Hello, I am very curious about your great system of jujitsu. In your FAQ section, it's mentioned that Budoshin Jujitsu is a combination of Judo, Karate, and Aikido. Does this mean Budoshin Jujitsu is a hybrid martial art that someone put together from those arts? Or did that statement mean Jujitsu is and has always been a complete martial art and that those aforementioned system's (Judo, Karate, Aikido) techniques can be found within Jujitsu? I understand Judo and Aikido are sibling arts that came from Jujitsu, but I only ask because I am looking for a traditional Jujitsu school in an age where there are so many schools claim to teach "jujitsu" only to be an amalgamation of martial arts that aren't even Japanese let alone true jujitsu. I'm sorry for such a long question. I really appreciate all you have done for the martial arts. Thank you for your time and help. 061417

A: Thank you for a solid question.

Traditional jujitsu, being the parent art of judo, aikido, and some styles of karate, contains all three elements. However, in traditional jujitsu there

is no differentiation. That is to say that a particular traditional jujitsu technique may incorporate all of the elements of the three more "modern" *do* [or ways] without any particular distinction and movement from one into the other is done smoothly & coherently without any particular distinction. In other words, it's all jujitsu. In traditional jujitsu one doesn't learn a judo technique or an aikido technique or a karate technique, but a jujitsu technique that may incorporate elements of any one, two, or all three of the modern *do*, but it's taught as a single jujitsu technique.

Some traditional jujitsu systems have been jujitsu systems from the outset, such as the one I learned from my sensei, Jack Seki. Other "traditional systems" have developed where an instructor is sufficiently well-versed in all 3 *do* that he/she was able to reintegrate them, eliminating any distinctions, in



*Protect Your
Students
and
Yourself!*

If you're the sensei of any martial art or active in any organized sport you may be aware that more & more insurance companies are requiring that you have some sort of "Concussion Awareness" program in place in your school. One of the best sources for such a program is the "Heads Up" program [including free certification] made available by the CDC [Center for Disease Control]. The coach's training course takes only 30-40 minutes of your time. For more information on this valuable program go directly to: www.cdc.gov/HeadsUp/index.html or www.cdc.gov/HeadsUp/youth.html. For a direct link to the "Heads Up" training/certification go to <http://www.cdc.gov/headsup/youthsports/training/index.html>. Lots of good & free material for distribution to other instructors in your dojo, students and parents too!

The American Ju-Jitsu Association has also developed the Responsible Instructor Program [RIP] to deal with concussion awareness and other safety concerns in a dojo situation. If you're interested in the RIP program go to www.americanjujitsuassociation.org/about/safety-

GET PUBLISHED!

Write an article for Kokoro!

I'd like to see more of you submitting articles for inclusion in future issues of Kokoro. If you're concerned about proper grammar, spelling, etc., don't. I'll work with you if any rewriting is necessary as I'd like to see you have a great article that other readers will hopefully respond to. It can be on any aspect of the martial arts, although relevance to jujitsu is preferred..

E-mail your article to me or send it to me as an e-mail attachment in MS Word or pdf format. All articles are subject to editing.

If you are a reader please be aware I am not responsible for any content, suggestions, recommendations, viewpoint, or suggested, advocated or recommended actions presented by the author of any article written/published or made in a written inquiry, statement or viewpoint which becomes part of the Kokoro newsletter.

the execution of what would eventually become valid jujitsu techniques. This, obviously, is a much more difficult and rarely successful approach because it ultimately forces the "developer" to abandon all prior restrictive concepts and movements of each particular *do*.

This latter approach is also difficult because a skilled jujitsuka also has the ability to move from one *do* to another and integrate elements of each without thinking as the situation determines in a street situation. So, to be a traditional form of jujitsu, the system must also be able to be a street-effective system, not just something that looks artsy but doesn't provide you with the means to fight your way out of a wet paper bag.

Thus although a traditional system of jujitsu [and they're all almost identical once you get past terminology {in English and/or Japanese} and minor technique execution differences] will ultimately provide you with a better and more controllable self-defense system, it is also more difficult to learn as there are elements from all three *do* and ideally you will develop the skill to use them randomly, thus being unpredictable in a street situation.

There are two more elements to consider [not that I'm trying to make the answer longer, but because you asked a really solid question]. The first element is what are called "homologous" promo-

tions. This is where a black belt may be proficient in 2-3 of the *do* and therefore an organization may promote him to a rank in *ju-jitsu*. Unfortunately this does not mean that the black belt can perform jujitsu techniques within the "traditional" definition described above. So your concern that *"I am looking for a traditional Jujitsu school in an age where there are so many schools claim to teach "jujitsu" only to be an amalgamation of martial arts that aren't even Japanese let alone true jujitsu."* is a very valid one. That's why you ask to see the promotional certificates of sensei and ask for information [name, address] of the promoting organization so you can check it out [if you want to be that thorough].

The second element is that there may be some sensei who have certificates or may be teaching aiki-jitsu, karate-jitsu, or judo-jitsu. Because Jitsu/jutsu means "art" they may or may not be teaching jujitsu with a karate, aikido, or judo emphasis. They may also be thoroughly competent in their "art". So you really have to check. Asking to review their curriculum/belt rank requirements should give you some insight. And, as I've said before, if an instructor [in any martial art or physical activity program] won't show you their curriculum your best bet is to leave.

So, where does Budoshin Jujitsu stand in all of this. First, Seki [my sensei] did not believe there were *ryu* [styles] of jujitsu. That there was only "jujitsu. He allowed the use of "Budoshin" which means "to conduct oneself in an honorable and respectable manner", because 1] it reflects a traditional code of conduct and 2] the word "ryu" did not come after Budoshin. Budoshin Jujitsu is a traditional form of the art. It was and is taught within the traditional framework [described above] as Seki learned it in Japan. As traditional jujitsu it does contain judo, aikido, and karate techniques/movements within the definition described above, as all traditional jujitsu system do.

I hope I've answered your question without stepping on too many toes of other people. :)