



51ST YEAR!

KOKORO

Vol. 25 #6, June, 2018
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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.

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 in your state if you need any type of legal advice.



Congratulations to Akagi Kayashima on his recent promotion to black belt!

Q: Up till now, I have been unable to submit any of my curriculum recitation videos as I am busy getting my own school up & running. I have a black belt in Wado-Ryu karate) established here in Canadian, TX. My question is how long do I have after the initial purchase to submit examination videos? I seem to remember something along the lines of three free reviews in the first year but I am unsure of this. 041118

A: There is not really any time-in-grade requirement for testing below shodan. There is a general time-in-grade requirement for yudansha [black belt] grades but I tend to use it as a guide rather than etched in stone. This means that as yudansha you can submit a video for belt evaluation whenever you wish up to sankyu [3rd brown]. Starting at that level you need to tell me that you want to test, there is a minimal test setup fee [\$25 per setup] and you have to follow the included directions **to the letter**. Any variation voids the test completely and you'll have to pay another setup fee. Fortunately, to this date, everyone has followed the directions & I've never had to charge an additional setup fee.

According to BJJY membership benefits you're entitled to three free evaluations per year of membership. After that, or starting with sankyu] there is a \$25/evaluation [or setup fee for 3rd kyu &

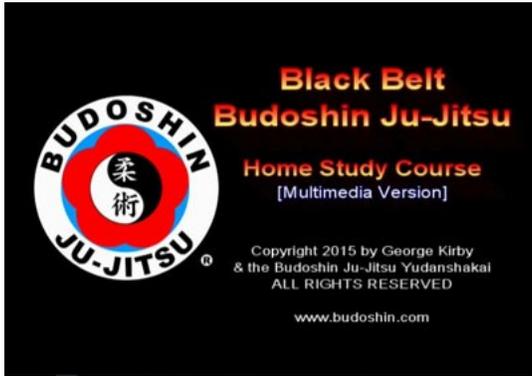
higher], that must be paid. To my memory no one has gone beyond 3 evaluations per membership year.

My recommendation in your case, is that you send your first [lowest rank] evaluation in first & get my feedback before submitting the second, etc., etc., etc. The reason is that I may spot something that's a serious potential problem that needs to be fixed by the next belt exam. If you haven't recognized and fixed the problem on your own – and the problem shows up more seriously in the second video evaluation, it may keep you from being promoted. Based upon my feedback of your first video you may want to redo your second video evaluation with corrections made, thus increasing your chances of passing the belt exam. This would apply to future

UPCOMING EVENTS:

Budoshin Ju-Jitsu Summer Camp
North Oaks Park, Santa Clarita, CA
August 17-19, 2018

Contact senseigk@budoshin.com or go to www.budoshin.com/seminars.htm or go to the end of this issue of Kokoro for details.



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video evaluations as well. My goal is to see you pass the belt exams, improve your competency, and be successful. So the feedback I provide is really essential to your future success.

So send me your first video via Hightail, the drop box service I use. Just go to <https://www.hightail.com/u/Budoshin> & send your video file to me. You will NOT need to sign up or register with Hightail to send the video to me. I'm looking forward to it!.

Q: I'm interested in Ju-Shin? Where can I find more information about it? Where would I get the 35 minute 2014 summer camp mp4 video set that has a Ju-Shin segment on it? 041318

A: Just go to <http://www.budoshin.com/dvndcd.htm>, scroll down to the video set you want, & purchase via PayPal. Please be aware that ALL videos on this page are mp4 files [no dvds or cds] and the files will be sent to you via Hightail, a drop box service I use. The entire 2014 Summer Camp set provides a bit



Sensei Dave Clark's Jujitsu Consortium

Left to right: Sensei Dave Clark-Sandan, Ryan Yates-blue, Jubilee Lee-blue, Allison Yates-yellow, Malachi Wallace-green, Sam Duncan-white, Julian Cofield-yellow, Jackson Cherry-green, Ohana Duncan-green, Tobias Bosley-white. Not pictured: William Lee-sankyū & Paul Haynes-nidan.

over 6½ hours of video training. The Ju-Shin segment is 35 minutes long.

Q: I received your e-mail regarding the problem you are having in reference to my e-mail address. Can you inform me as to “how” I can add; mail.vresp.com to my e-mails safe sender list? I don’t know where to locate this “ safe sender list “. 041318

A: Your email program should have some way you can list email addresses not a junk mail. If you’re using Outlook [Office 354 or recent office] go to Home > Junk > Never Block Sender. Also click on “Never Block Sender’s Domain”.

If you’re using another email program look for something similar.

Q: I tried several times to “add” mail.vresp.com” to my contact list, and I get a message: not a valid e-mail. If “junk” mail enters my computer, I do have the option to review it before I delete it. 041418

A: The reason that mail.vresp.com is being rejected as an email address is because it’s a domain name, not an email address. The email address you want to list is [Budoshin Ju Jitsu@mail.vresp.com](mailto:Budoshin_Ju_Jitsu@mail.vresp.com) .

If this email address is rejected please let me know.

Note: Just as an FYI, the PS on my emails will now—more correctly—read: **IMPORTANT:** Please take the time to add the VerticalResponse domain

**USE HIGHTAIL
TO SEND ME VIDEOS
& OTHER LARGE FILES!**

You can send large files, such as your belt rank test/evaluation videos, [up to 5gb/file] to me via my Hightail “dropbox” at <https://www.hightail.com/u/Budoshin> for FREE as part of your 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 large files.



NON-SEQUIOR

BY NILES

I’ve been asked [?] to provide a monthly thought for you to ponder — because dogs can’t ponder. Here my thought for this month:

“It’s not who your parents were [Chihuahua & German Sheppard according to the animal shelter – don’t laugh] or where you came from, but what you become.”

If you like my thoughts please let sensei know. If sensei reads your comments to me I’ll wag my tail! ☺

name: mail.vresp.com and/or Budoshin_Ju_Jitsu@mail.vresp.com [note underscores in name] to your email's safe sender list to make sure you can receive Budoshin-Online without your email program possibly blocking it as junk/spam mail.

As an alternative your email program should have some way you can list email addresses not a junk mail.

If you’re using Outlook [Office 354 or recent office] go to Home > Junk > click on “Never Block Sender” and then click on “Never Block Sender’s Domain”.

If you’re using another email program look for something similar.

If your using AOL just list the email address Budoshin_Ju_Jitsu@mail.vresp.com [note underscores in name] as it won’t accept just domain names.

One more note: My apologies. I didn’t realize this was going to get complicated.

Q: I could have swore I saw the definition (or expectation) for Kime No Kata but I can’t for the life of me find it again. Are we just selecting a couple of attacks and corresponding self defense techniques or is this more of a Randori or free style exercise? 041718

A: Kime-No-Kata literally means prearranged forms. On the kata portion of the test in means that the candidate can choose to demonstrate any technique of his/her choice – hopefully one that can be done very

YEA! SUMMER CAMP!

by George Kirby



Do you remember Summer Camp as a kid? All those neat things you made, the snipe hunts at night, the smores, the ghost stories?

Well, although this year's summer camp will help you improve your jujitsu skills, we won't have a snipe hunt or smores. [I don't know about the ghost stories though. :)] But we will have pizza Friday night. Sometimes an informal dinner happens Saturday night & Sunday's training usually ends with lunch at a very nice Japanese restaurant.

I really look forward to the Budoshin Jujitsu Summer Camps. Not only do I get to meet new people [yudansha and mudansha], but I also get to learn new skills, try out different teaching approaches, and rekindle some friendships, but I also get to do this in a relatively small informal atmosphere.

Yes, enrollment is limited. The room for summer camp really can't hold more than 20 people training—and even that's a bit crowded. Saturday is usually our biggest day with 12-15 participants. That's really the ideal size for me in this size of a room. We do get to know each other in the informal give-and-take discussions in each 80 minute teaching segment. Fortunately there's never been any rank-level stodginess as we all realize we're there to learn.

Summer Camp is also open to all martial artists. Yes, there may be an emphasis on jujitsu skills.

However, much of what is taught can be applied to other martial arts as well — and our instructors can and will modify techniques to suit your martial art's needs whenever possible. The only requirement is that you be an advanced student in your art [you have your basic skills down and are at a brown belt level—or whatever color belt your art has] and that you know your ukemi [falling skills] as some sensei may be teaching throw relevant to their teaching topic.

I also encourage you to sign up for all three days if possible. First, you're not going to miss anything and you will have an enjoyable three days. I actually think some of the fees are less than they were in 2016. Summer Camp 2017 was cancelled due to medical reasons. I also know that transportation and housing for out of towners is much more expensive than camp itself, So if your travelling to Santa Clarita [not to be confused with Santa Clara] you might as well make the best of your time in "awsometown". If you live "locally" [within 30-40 miles] this camp is relatively inexpensive for the quality training you will receive. Usually we have a number of instructors and "students" from different parts of the U.S. and Canada.

You really should take advantage of this training opportunity. Yes, there probably will be a video series of this summer camp, but nothing beats the "I was there" experience. A video can't give you the personal interaction from several sensei or their different ways of teaching. Your presence and participation also helps the art grow. After camp you can tell your friends and others in your dojo that you trained with— - , you met— - , and you really enjoyed your time with— - .

I'm looking forward to seeing you at camp this year. Please register early to assure yourself a spot. If you have any questions or concerns please feel free to email me at senseigk@budoshin.com . I'll reply ASAP!

well – to increase one's test score. It's sort of like "write a test question of your choice and answer it."

Unfortunately many students have difficulty with this the first time they encounter this on a test. Why? I don't know. We always tell them ahead of time that they can choose any technique they've learned – hopefully one they can do really well – to increase their overall test score. I know I'm being

redundant here but it's a difficult concept for some students to get.

Q: I found out about your website from the train-at-home video cassettes I acquired a few years ago when a friend died. I was close to the family and we were going through his belongings and I came across the videos. I just GOOGLE'd you

name and found your site. I have been eagerly awaiting the extra funds to replace the set on DVD so I can begin the training. I want to expand my knowledge as I have previously trained in Kyushu Jitsu/Tomari-Te off and on since 1991 as well as had some basic military hand-to-hand combat training in the USMC. 042218

A: Thank you for your response. Just as an FYI the videos are also available as mp4 files and there's no shipping charge. Once you download them you can burn them onto dvds or save them all onto 1 thumbstick or also save them to a laptop or tablet.

Also, with your experience in Kyushu Jitsu you might want to go to <http://www.budoshin.com/beltreq.htm#KATA> or <http://www.budoshin.com/beltreq.htm#WAZA> to see where you are with respect to the belt rank requirements. Although, once you secure BJJY membership [Student Handbook with tests & other info is included], you can start testing at any belt level you wish and there are no time-in-grade requirements for below black belt, I do recommend that you start at the lowest level so I can catch any potential problems early on.

Q: I am training with a group of service members here and they are interested in learning what I know. Some very interested in Budoshin Jujitsu. If they wanted to get rank in your system besides with membership, do they need to purchase your home study course? I do not want to show them anything against your program or disrespect you Sir. I am traveling with my home study DVD set and know most of your techniques, falls, takedowns. But I do not want to overstep my boundaries until I am fully certified under you. Please let me know to approach this if possible and I will get back with you ASAP. I am working on the cross reference certification so I hope this works for me also. 042218

A: In a world of fantasy I'd love to see everyone purchase the entire home study videos [8-dvd or mp4 files]. However, that's not reality. Most people share the videos with their training partner[s] as a matter of economy and courtesy. Although some of the people who train with you might want to purchase the training videos as mp4 files so they can store the video on their laptop or tablet, that will be a choice up to them. As you said though, if they want to test formally they will need to get their BJJY memberships.

MP4 SALE CONDITIONS

Although I've always preferred to conduct business in an informal manner, the time consumed, and after some discussion with PayPal, I have decided to adopt the following "official" policy regarding mp4 file sales:

- You will have 10 days from the time I initially send you each mp4 file to download purchased files.
- Once Hightail indicates you have attempted or completed the download of any mp4 file up to 2 times, the 10-day download period for the specifically downloaded mp4 file[s] may expire.
- If you encounter any technical or other reasonable issues that prevent you from downloading all the mp4 files sent to you via Hightail, you MUST inform me via email of the problem/issue BEFORE the initially established 10-day download period ends.
- **Mp4 video files are NON-returnable and NON-refundable.**

There are a number of BJJY membership packages [including discounted memberships] available at www.budoshin.com/membershipreg.htm .

Q: Oss Shihan, I'm a karate black from Senegal. I like very well your train and want to participate in summer camp and learn more. I want to pay when I come but please do you want to send me an official invitation for the visa request please? Oss thank you. 042418

A: Thank you for your inquiry. The invitational letter you requested is attached. Please read it carefully. It is worded in the way it is due to problems we have had in the past. If your inquiry is legitimate you should not have any problems.

I hope you will be able to attend. I have also attached a registration packet for you. Please follow the registration directions exactly. If you do not have access to PayPal, you might be able to access **Skrill**: good for those of you who don't use PayPal, especially international purchasers. Go to www.skrill.com for more info. Skrill will charge you an additional 2-3% of your total purchase price to use their service.

Ed note: *If you'd like a copy of the standard "invitation" letter I use please email me by clicking [here](#).*

Q: Please remove me from your mailing list. I don't believe in distance-learning or cross-certification. 042618

A: Although I understand your concerns. But hopefully I can change your opinions a bit.

Training in a dojo is always best. However, there are many sincere people who don't have that option and want to learn jujitsu. The promotional criteria for the home study program are the same as in my actual dojo & the dojo of other sensei who teach Budoshin JJ. Having been a public school teacher I have been able to design the home study course so that it will work for students who are dedicated to learning. Learning outside of a dojo is more challenging but not necessarily more difficult.

Cross-certification is not simple either. I know there are a few organizations that issue cross-certifications like falling leaves — or even worse, “homologous” certificates. Since we started the cross-certification program about 10-12 have requested the application paperwork and only 2-3

have gone through the process successfully. To secure cross-certification they must meet the same criteria and requirements as existing Budoshin JJ black belt candidates & cross-certifications can only go up to 5th dan.

The criteria for yudansha and mudansha grades are on my website. Hopefully after you look at them you will realize that the criteria are fair and reasonable.

Q: Can I please have a copy of your Nerve Techniques DVD? 042618

A: You can order the Nerve Technique video as a mp4 file by going to <http://www.budoshin.com/dvdncd.htm> and pay for using PayPal. This video is available only as a mp4 file which you can save to your computer, tablet, or thumbstick and even burn onto a dvd if you wish.

Q: I have a rather humbling question to ask you. But first, let me give you a little background. I am

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**ALL certificates 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 — Priority 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 and moderately expensive.

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

Surviving the Active Shooter Part 2

-Jerry Heines, PhD



In Part 1 we discussed the two types of shooters encountered and some tips to help prevent a situation from developing. Here, we pick up the discussion assuming this guy (as noted earlier, most terrorists are men) has gone unnoticed and enters a public area intent on

killing as many people as he can. If you are in this situation you no doubt will say something like this to yourself, “Holy crap, now what do I do?” Well here are some thoughts on how to proceed.

As noted earlier, I was a military consultant and in preparing this article contacted some of my past colleagues and friends soliciting the latest recommendations on just what should one do and included their inputs. If someone gets to a mental state to walk into an area with mass killing on his mind with a plan of action and carrying weapons – there IS NO negotiation! That time for interviewing him has come and gone and that leaves you in a position of survival. The National average time for police to arrive at a scene after receiving a high-priority 911 call is ten minutes and thirty seconds. (And bull riders speak of the longest 8 seconds of their lives!)

First, we should be aware of the color code proposed by Major Jeff Cooper (later promoted to Lieutenant Colonel), a US Marine firearms instructor. Today we apply his color code to situational awareness as noted here:

White: do not ever be in this category. Here one is oblivious to one’s environment perhaps walking and texting in public, or whatever.

Yellow: observant but relaxed. You should live in this zone once you leave a safe area.

Orange: something caught your attention that seems odd or perhaps aggressive.

Red: you need to react and do something now!

This is a very short description but catches the main

elements. When entering a building, mall or whatever you should train yourself on Situational Awareness, namely do several things:

Look where the exits are and note at least two that are in different directions as this will be part of an escape route should you need it.

Get a “feel” of the background so you can spot something out of the ordinary. This includes noise, people’s demeanor, dress, etc. And remember, See Something; Say Something.

Look for background items for cover, e.g. in a mall the large pots for plants are often cement, or there could be furniture, sculptures, columns, etc. Concealment is like hiding behind a paper wall whereas cover offers concealment and protection. Be aware of the difference.

When either of these two types of shooters actually decide to act on their motivation, they are beyond help. Shots in a closed environment are very loud and smokeless powder in today’s firearms is virtually odorless. Tune your senses to listen. Reacting smartly in the first 10 seconds will give you the best chance to escape. So, what do you do if the shooting starts?

Do not freeze! Move immediately in a direction opposite from the movement of the shooter as he will typically lay down fire in an arc in the direction he is moving. Shots echo in a closed environment but muzzle flashes give you his location. Move and stay low, crawl if you have to! If you get to a room like in an office building, barricade the door. Silence your cell phone. Call 911 if possible and try to be quiet. If still in the open, then

Chart a path of escape using the cover you noted earlier during your Situational Awareness scanning as well as the exits. The closest exit may not be the safest! Move from point to point and achieving each “goal” helps to build mental strength as you move further from the shooter and towards an exit. You can increase the distance from cover to cover as your distance from the shooter increases. Do you need to break a window? Carry injured? Also, remove bright clothing, jewelry that sparkles which could draw attention, leave personal items behind...this is survival and you have one chance to make it out!

Continued on next page

Use a decoy if necessary to distract and then move. This could even be a fire extinguisher activated to lay down a fog or whatever is at hand. Do this if necessary to make your escape otherwise move steadily and stealthily.

If you are moving down a hall way with concrete walls, stay a foot away from the wall. Ricochets are known to travel down the wall about six inches out and if you are close to the wall you could be shot.

As you exit, drop any weapons upon exiting that you might have grabbed along the way. First responders are trained to look first at your hands and shoot if necessary. Raise your hands and repeat frequently and loudly, "Friendlies, please don't shoot!" Try to provide information such as, location of shooter, number of shooters, their description, information on the weapons being used, victims, etc.

And if all fails, set up an ambush and fight for your life when engaging the attacker.

These items are only the tip of the plan but are key. There are many other considerations that should be discussed such as attending to the wounded (field dressing, pressure dressing, tourniquet, fractures, transporting injured, assessing priorities within the wounded group, etc.), CPR, clearing breathing pas-

sageway, how to move a group of people to escape that might have joined you, being aware of your group size, how to "hot mic", ambush strategies, etc. All these elements that go into surviving an active shooter are important but in terms of day-to-day Situational Awareness and being strong enough and willing to "See Something; Say Something" are probably the most important to stay safe. As a defense consultant and having travelled globally for many years, I must say that on about six occasions I am sure that my awareness, eye contact and biofeedback that I was not going to be an easy target got me out of a potentially bad situation – I'll never know that for sure but do believe that was the case.

Personally, I hope this info is never useful to you. But having a plan could save lives. As most people live a sedentary lifestyle and live in the Cooper White zone, if you had a plan during an emergency, others most likely will follow you on an escape route and that in itself would be a tremendous asset as your plan could save lives. In any event, it is worthwhile to stay in the Yellow alert zone and constantly assess your environment according to the items listed earlier when doing a Situational Awareness check. Stay safe, practice your Ju Jitsu hard and watch your Six!

Follow me on Facebook #TsunamiJuJitsu

married and have six children. I recently became unable to work. I have a few health issues but it was a back injury that finally put me out. It was bad enough that after a year I could barely walk so I had the surgery. I have been studying martial arts for about 30 years. I have always had an interest in martial arts. I train my children only but the training is going slow because of my injury. It is my belief that all should know how to defend themselves and those that cannot. I have no income yet.

So I am asking if you would let me at least get started with your ju-jitsu online program as a loner for now. Give me some new motivation to get moving. When I am able to return to work I would give you my word I would pay you for it or return the favor in some way. This is hard for me to ask as I have always worked for everything, 042618

A: Thank you for your sincere email. You certainly are in a unique and unfortunate situation.

However, before I can consider your request I do need the following information from you.

1. What is your martial arts history? Have you received any formal promotions from any sensei and, if so, did you receive any certificates of promotion? [I may request copies at a later date.]
2. I will need a letter from your doctor indicating your physical condition, the prognosis of you condition, and the physical limitations placed upon you.
3. What are the ages of you and your children? [Teaching jujitsu to kids under 10-11 is very difficult for a variety of reasons.]

My main concern is that traditional jujitsu is a combination of judo, karate, and aikido, all put together and also involves a great deal of body contact. Jujitsu involves a high amount of physical contact it also involves a lot of small muscle coordination for appropriate technique execution. How will you address the issue of periodic evaluations?



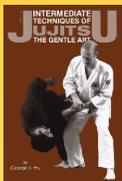
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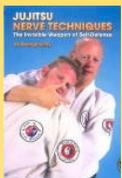
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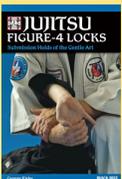
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Please email Michael Dillard and let him know you'd like to see my books back in print **or available in digital format**. Give 2-3 reasons for bringing them back into print or digital format. Also, be sure to ask Michael when they'll be available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

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

Thank you

Note: Used or new copies are sometimes available at www.amazon.com or www.ebay.com

Also, you indicated that you wanted to start as a loner. If you're planning to learn jujitsu you will need a training partner. You can't do it solo as in karate.

I hope you can answer these questions for me and provide the necessary requested documentation. Once you have fulfilled the above five requests then I can consider your request.

Q: Have you seen the news clip www.foxnews.com/us/2018/04/26/florida-school-resource-officer-slams-unruly-student-to-ground-don-t-give-me-your-sh-t.html

? What do you think about it? Shouldn't more money be allocated to train officers better? 042818

A: Yes, it is unfortunate that more funds aren't allocated to better train officers in A&C procedures. Other countries, particularly in Western Europe, do a much better job of training officers in terms of A&C techniques.

A couple of items I did see/hear in the video was that the officer and school staff verbally & politely tried to get the student to leave. When the student raised her arm towards the officer he did apply a proper takedown technique [forward elbow roll] which the students saw as a "slam" – probably more out of ignorance & not being familiar with the concept or the word "takedown." Had he been better trained or had the option, he might have converted the elbow roll into an armlock, add a nerve technique, and walked the student out of the room. [However wonderful hindsight is it's still after-the-fact hindsight.] There are lots of other issues here, some of which I'll be taking up in my new book, if it comes to fruition. In essence, many [in the uneducated public] see police actions as being "aggressive", whereas that's what law enforcement is legally allowed to do under "use of force continuum" policies, which all law enforcement agencies should have – but some don't.

Although the takedown/slam may have looked violent to some, the alternative might have resulted in potential injury to the officer [resulting in an assault charge] and the potential of injury or additional injury to the female student. It may not be pretty to look at but it was the lesser of other "evils" at that point. Her passive resistance changed to active resistance when she raised her arm to potentially hit

the officer. Also, everyone agreed that she was being completely uncooperative.

Q: I'm interested in watching online material from Australia even if it's paid 050818

A: If you'd like more free jujitsu helps you can go to www.budoshin.com/selecttechniques.htm . To order seminar videos [in mp4 format] please go to www.budoshin.com/dvdncd.htm .

Q: How can you say that traditional Jujitsu is such an affective martial art for street self-defense? I've been in MMA for years & think it's much more effective. 051218

A: You're entitled to your opinion. My opinion is based upon the real-street experiences of a few students [and myself] as well as the experiences from other jujitsu sensei and students who have had to

deal with real street attacks. All any martial art will do is improve the odds of you surviving on the street if a physical conflict occurs. What is important is that you train for all types of street attacks. Also, remember that there are no rules on the street. Survival and escape is your only option.

Q: Do I have to bring proof [certificate] of my rank to participate in your summer camp? 051218

A: No. Your belt is your rank.

BTW: Our summer camp is run in a manner where we all learn from each other. A person's rank is not a factor when new information or a technique variation is presented. Everyone coming to camp knows that they're there to learn from each other.



*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]. 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. It doesn't matter if you're a white belt or a black belt — or anything in between. I learned a long time ago that some of "my" best ideas came from students.

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.

BUDOSHIN



51st ANNIVERSARY **14th ANNUAL SUMMER TRAINING CAMP**

Open to All Martial Arts*

[*must know ukemi skills and should be sankyu or higher belt grade]

August 17-19, 2018 at North Oaks Park, Santa Clarita, CA

This is your opportunity to personally train with top black belts from Budoshin Ju-Jitsu and other martial arts to improve your knowledge of street-effective self-defense skills. This training camp is sponsored by the Budoshin Ju-Jitsu Dojo and the American Ju-Jitsu Association.

Camp Schedule: August 17-19, 2018: [as of 5/12/18 - topics & instructors subject to change.]

<u>Day</u>	<u>Time</u>	<u>Seminar Topic</u>
Friday	9-10:25am	Seminar A: George Kirby 10 th dan Budoshin Ju-Jitsu – Step 1: Distraction Techniques
	10:35-12pm	Seminar B: George Kirby 10 th dan—Reciprocal Responses or “Big Book” Techniques
	12-1pm	Lunch [on your own]
	1-2:30pm	Seminar C: George Kirby 10 th dan – Counters & Counters
Saturday	2:40-4pm	Seminar D: Harold Zeidman – 8 th dan Midori Ryu Jujitsu – Kenjitsu
	evening	Vincenzo's [pizza] or other similar venue
	9-10:25am	Seminar E: Steve Singleton – 1 st Level Instr [WAR] – WAR Self-Defense Techniques
	10:35-12pm	Seminar F: Michael Langewisch – 3 rd dan Budoshin Jujitsu – Introduction to Tekko [no pix or video allowed]
	12-1pm	Lunch [on your own]
	1-2:30pm	Seminar G: George Kirby 10 th dan – C-Grip & Related Techniques
Sunday	2:40-4pm	Seminar H: Marc Tucker 7 th dan Budoshin Jujitsu– Block & Punch Techniques [Counterpunch]
	evening	on your own or something might get planned
	9-10:10:15am	Seminar I: George Kirby 10 th dan –KIAI: <u>K</u> inetic <u>I</u> nput <u>A</u> ttack[er] <u>I</u> ntensity[Intimidation]
	10:15- 12:15pm	Seminar J: Harold Zeidman – 8 th dan – Really Close Encounters
	2-4pm	Lunch at a local restaurant

Seminar Location:

North Oaks Park Community Room, 27824 N. Camp Plenty Rd. Canyon Country, CA 91351. Although most GPS apps can give you good general directions, it will not direct you to the park entrance which is on Nadal Rd., in between Camp Plenty Rd. and Canyon High School. There's an accurate map in the complete registration packet.

BUDOSHIN

51ST ANNIVERSARY

2018 SUMMER CAMP REGISTRATION FEES:

	Pre-registration fees for BJJY, BJJD, or AJA members <u>re-ceived by 9am on 8/1/18</u>	Pre-registration fees for non-BJJY, non-BJJD, or non-AJA members <u>re-ceived by 9am on 8/1/18</u>	ALL registration fees <u>received after 9am on 8/1/18</u> or at the door from anyone*
Fri, Sat, & Sun [3 days training] PLUS Friday pizza AND Sunday lunch <i>[You pay for alcoholic beverages]</i>	\$165	\$170 ... or pay \$195 & get 16 months of BJJY membership too!**	\$185
Fri & Sat [2 days training] PLUS Friday pizza <i>[You pay for alcoholic beverages]</i>	\$120	\$130	\$135
Fri, Sat, & Sun [All 3 days] 3 days Training ONLY	115	\$125	\$135
Sat & Sun [both days] plus Sunday lunch <i>[You pay for alcoholic beverages]</i>	\$100	\$105	\$110
Sat & Sun [both days] 2 days Training ONLY	\$70	\$75	\$80
Fri & Sat [both days] 2 days Training ONLY	\$95	\$105	\$110
Sunday Training ONLY	\$25	\$25	\$30
Fri OR Sat 1 day Training ONLY <i>[Sorry – no half days!!!]</i>	\$50	\$55	\$60
Friday Eve Pizza dinner*** <i>[incl. tax+tip] [You pay for alcoholic beverages]</i>	\$22	\$22	\$25
Sunday lunch*** <i>[incl. tax+tip] [You pay for alcoholic beverages]</i>	\$32	\$32	\$35

***Cash ONLY** accepted at the door. No credit cards or checks accepted at the door.

**BJJY membership valid through December, 2019.

***You can pay for either meal on your own if you wish.

Registration Info

Register in one of the three ways below:

- 1] To preregister ONLINE with PayPal go to www.budoshin.com/seminars.htm and scroll down the page until you find the seminar package you want. Then look to the right to pay with PayPal. Then click on www.budoshin.com/2018SummerCampPacket.pdf, print and fill out the bring the 'JU-JITSU PARTICIPANT AGREEMENT' [1 side] with you to camp. If the participant is a minor [under 18] the "AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR" [next page] **MUST** also be filled out & signed by a parent or legal guardian -- *even if the parent or legal guardian is attending the camp.*
- 2] To preregister with a check, complete the above [#1] and mail your check for full amount made out to "Budoshin Ju-jitsu Dojo, Inc.", & your reregistration materials to P.O. Box 801854, Santa Clarita, CA 91380-1854. Checks MUST BE RECEIVED BY 9AM ON August 1, 2018!
- 3] To register after 8/10/2017 use PayPal or register at the door [call or e-mail if space available – space usually is]. NO CHECKS ACCEPTED AT THE DOOR!! All registration materials are available at the door. Minors [under 18] **MUST** bring the already completed and signed forms with them OR a bring parent or legal guardian with them to fill out and sign both the "Ju-Jitsu Participant Agreement" AND the "Authorization to Consent to Treatment of Minor" forms -- *even if the parent or legal guardian is attending the camp.* **NO EXCEPTIONS!**

ALL MAILED REGISTRATION MATERIALS MUST BE RECEIVED BY 9AM, AUG.

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ABSOLUTELY NO REFUNDS AFTER AUGUST 1, 2018!!

Where to stay in Santa Clarita:

Some of the places listed below are very nice & others are very "inexpensive". Also, check out www.priceline.com, www.travelocity.com, & www.expedia.com [plus other travel sites] for additional places to stay, prices & booking information.

Best Western Valencia 800 528-1234 661 255-0555 Comfort Suites 800 228-5150 661 254-7700
Extended Stay America 800 398-7829 661 255-1044 Fairfield Inn by Marriott 661 290-2828
Hampton Inn 661 253-2400 Hilton Garden Inn 800 445-8667 661 254-8800 [closest to Magic Mountain]
Holiday Inn Express 661 284-2101 Hyatt Valencia [best location] 800 233-1234 661 799-1234
Marriott Residence Inn 800 331-3131 661 290-2800 **Super 8 Motel 661 252-1722
**Travelodge 661 252-1716

**Closest to North Oaks Park but furthest from anything else in Santa Clarita [both on Sierra Hwy]

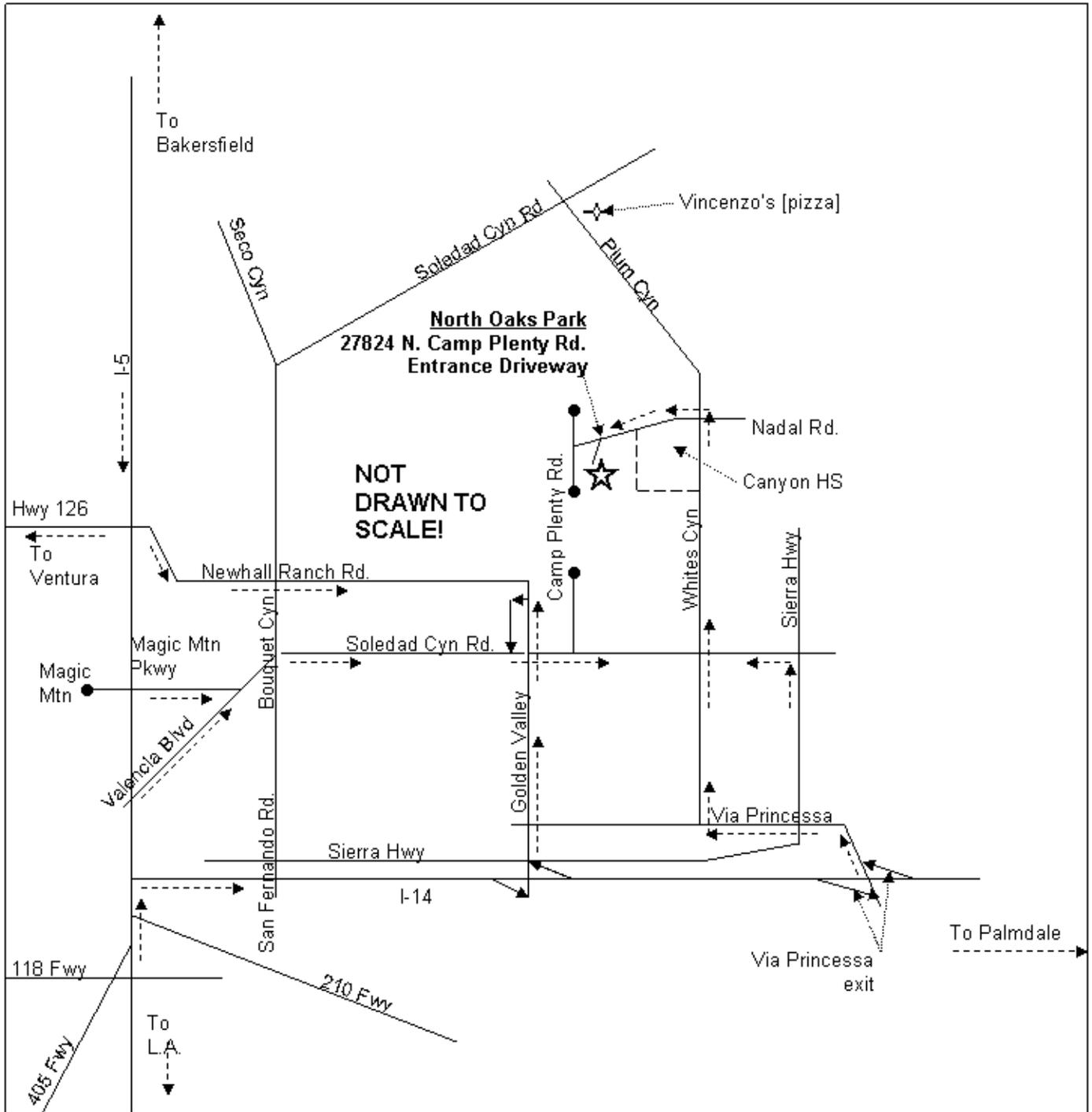
If you're flying into southern California, Burbank [Bob Hope] Airport is a lot closer and saner than LAX.

Things your family can do in Santa Clarita while you're at "camp":

Within 5-20 minute drive: Six Flags Magic Mountain & Hurricane Harbor, great golf courses, movies, Valencia Town Center Mall, Mountasia [arcade games, rides, roller skating], Ice Station [ice skating].

Within 30-75 minute drive: major studio tours, Universal Studios, Knott's Berry Farm, Disneyland, Pacific Ocean [Ventura/Oxnard], Ojai, lakes & fishing

Map to Budoshin Ju-Jitsu Dojo, Santa Clarita:



BRING THE PARTICIPANT RELEASE [PAGES 5 & 6 BELOW] WITH YOU TO TRAINING CAMP COMPLETELY FILLED OUT AND SIGNED.

IF YOU ARE UNDER 18 YOU MUST ALSO BRING THE 'AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR' FORM [BELOW] FILLED OUT [or bring a parent or legal guardian if you plan to fill out the registration form at the door].

AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR

NAME OF MINOR: _____

I, THE UNDERSIGNED PARENT OR LEGAL GUARDIAN OF THE ABOVE NAMED MINOR [& DESIGNATED ON THE PARTICIPANT RELEASE ON THE REVERSE SIDE OF THIS DOCUMENT], DO HEREBY AUTHORIZE THE AMERICAN JU-JITSU ASSOCIATION, THE SPONSORING AGENCY, THEIR OFFICIALS, OR THEIR DESIGNATED REPRESENTATIVE [AS DESIGNATED ON THE REVERSE SIDE OF THIS DOCUMENT] AS AGENT FOR THE UNDERSIGNED TO CONSENT TO ANY X-RAY EXAMINATION, ANESTHETIC, MEDICAL OR SURGICAL DIAGNOSIS OR TREATMENT AND HOSPITAL CARE WHICH IS DEEMED ADVISABLE BY, AND IS RENDERED UNDER THE GENERAL OR SPECIAL SUPERVISION OF ANY PHYSICIAN AND SURGEON LICENSED UNDER THE PROVISIONS OF THE MEDICINE PRACTICE ACT ON THE MEDICAL STAFF OF A LICENSED HOSPITAL, WHETHER SUCH DIAGNOSIS OR TREATMENT IS RENDERED AT THE OFFICE OF SAID PHYSICIAN OR AT SAID HOSPITAL.

IT IS UNDERSTOOD THAT THIS AUTHORIZATION IS GIVEN IN ADVANCE OF ANY SPECIFIC DIAGNOSIS, TREATMENT, OR HOSPITAL CARE REQUIRED, BUT IS GIVEN TO PROVIDE AUTHORITY AND POWER ON THE PART OF THE AFORESAID AGENT TO GIVE SPECIFIC CONSENT TO ANY AND ALL SUCH DIAGNOSIS, TREATMENT OR HOSPITAL CARE WHICH THE AFOREMENTIONED PHYSICIAN IN THE EXERCISE OF HIS BEST JUDGEMENT MAY DEEM ADVISABLE.

I REALIZE THAT EVEN WITH A COMBINATION OF INSURANCE POLICIES THERE MAY BE ADDITIONAL MEDICAL EXPENSES NOT COVERED BY INSURANCE AND AS THE PARTICIPANT'S PARENT OR GUARDIAN, I MUST ASSUME ANY AND ALL FINANCIAL RESPONSIBILITY BEYOND WHAT ANY INSURANCE POLICIES MAY PROVIDE. I CERTIFY THAT TO THE BEST OF MY KNOWLEDGE, THE MEDICAL EMERGENCY INFORMATION ON THE OTHER SIDE OF THIS FORM FOR THE PARTICIPANT IS TRUE AND COMPLETE.

THIS AUTHORIZATION IS GIVEN PURSUANT TO THE PROVISIONS OF SECTION 69.10 OF THE FAMILY CODE OF THE STATE OF CALIFORNIA. THIS AUTHORIZATION SHALL REMAIN EFFECTIVE UNTIL REVOKED IN WRITING AND SUCH WRITTEN REVOCATION IS DELIVERED TO SAID AGENT THE SPONSORING AGENCY, OR ITS AUTHORIZED REPRESENTATIVE.

_____/_____/_____
SIGNATURE OF PARENT OR LEGAL GUARDIAN DATE WITNESS SIGNATURE PRINT NAME

PLEASE FILL OUT A SEPARATE REGISTRATION PARTICIPANT RELEASE FORM [ABOVE] FOR EACH PARTICIPANT!!
USE THE FEE FORM [BELOW] FOR EACH PARTICIPANT IF YOU ARE REGISTERING WITH CHECK, CASH OR MONEY ORDER:

LIST EACH ITEM THAT YOU WANT – BE SPECIFIC: AMOUNT:

ALL MAILED REGISTRATION MATERIALS MUST BE RECEIVED BY 9AM, AUG.1
ABSOLUTELY NO REFUNDS AFTER AUGUST 1, 2018!!