



NEWSLETTER

TWO AJA PROFESSORS INDUCTED INTO THE WMAHOF !

On July 12, 1997, the World Martial Arts Hall of Fame held its 1997 convention and induction ceremonies in Costa Mesa, Ca. A total of 24 martial artists hailing from all over the globe and covering a variety of martial disciplines were so honored. Among the inductees were Prof. Harold D. Brosious who received the "Instructor of the year " award and Prof. Walter E. Lenoir who received the "Pioneer" award. Preceding the awards ceremony was a full day of martial arts seminars conducted by inductees and other martial arts greats. The evening's festivities started with an elegant dinner at the Costa Mesa Radisson hotel which included a performance by a traditional Japanese drum band. After opening addresses by the mayor and police chief of Costa Mesa, Ca., Professor Enrico A. MOORE, president of the World Martial Arts Hall of Fame, opened the induction ceremonies. Again , our sincerest congratulations to Prof. Hal Brosious (9th. Dan Ju-jutsu) and Prof. Walt Lenoir (7th. Dan Ju-Jutsu and AJA Western Region Director) for this well deserved recognition.

AJA FREESTYLE KATA TOURNAMENT SATURDAY, NOV. 8

The American Ju-Jitsu Association, Western Region, will be conducting its Fall '97 Freestyle Kata Tournament at the Teen Center in Thousand Oaks. This is an extremely safe competitive format, much like our "warm-up" throws at the start of class. I strongly encourage you to participate. Once you try it you'll want to continue at future tournaments. If you have any questions or concerns, please ask your sensei. Rules & registration forms are available from your sensei.

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## RECENT PROMOTIONS!!

Congratulations to **TOM DAILOR**, **DOUG GIBBS**, and **KIMBERLY KIRBY** on their promotions to 5th kyu [Green Belt/Yellow Stripe]. These students worked very hard to earn their second promotions. Purple Belt is NEXT!

Congratulations also to **MICHAEL SEBASTIAN** for finishing up his Black Belt exam to Shodan. Although Mike will be leaving us to continue his second year of college at U.C. Santa Barbara he will be active in the on-campus martial arts club. We also expect Mike back here next summer.

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## KEEPING STANDARDS

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## LOWERED EXPECTATIONS

"The philosophy of Ju-Jitsu is to protect yourself from attackers," is simply not a complete or accurate answer to the question: What is the philosophy of Ju-Jitsu?

Over the past few years I've noticed that answers on the written portion of the Black Belt exam for Budoshin Ju-Jitsu have gotten shorter & shorter. Statements have become more generalized, explanations shorter, and the level of competence has decreased among black belt candidates of all levels who have not studied directly under me [or 1-2 of my black belts] or been tested directly by me with a board of my own choosing. The same problem exists for some yudansha that come to me from other martial arts or Ju-Jitsu ryu and wish to earn rank in Budoshin Ju-Jitsu.

It is absolutely appalling and inexcusable that a Shodan or higher grade candidate can't explain what "ki" is - or "mushin" - or "kuzushi" or when asked to demonstrate such as a part of the on-mat exam is at a complete loss to do so. The same goes for explaining what & where the "saiki-tanden" is or how the circle theory functions, much less the five-steps of learning -- and these same candidates are testing because they want to teach the art to others.

What are they going to teach -- just how to do techniques? That's *do*. The theory, concepts, ideas, philosophy, etc. are the *jitsu* -- the art!

The written portion of the black belt exam is important because you are being given the opportunity to present what you think and know. There usually is no single correct answer that your sensei is looking for. Most questions can be answered correctly in several different ways. However, in answering the questions you do have to explain yourself fully and completely. The written exam gives you an opportunity to say: "This is who I am & this is what I think!" Simple or generalized responses will only get you into trouble.

After you have written fully developed responses, you should be able to look at your work & say, "WOW!" "I really did a great job here." Keeping all your knowledge & understanding to yourself won't make you a good blackbelt or sensei -- unless

you simply don't know the information -- for a variety of reasons.

You need to do some reading to be a competent & respected Yudansha. There are many excellent books dealing with theory, philosophy & the mechanics of the art. You should have read my books as well. You need to ask your sensei questions & get good answers that satisfy your need for growth & learning. You need to talk to sensei of other ryu of the art if you get the opportunity. We can all learn from each other.

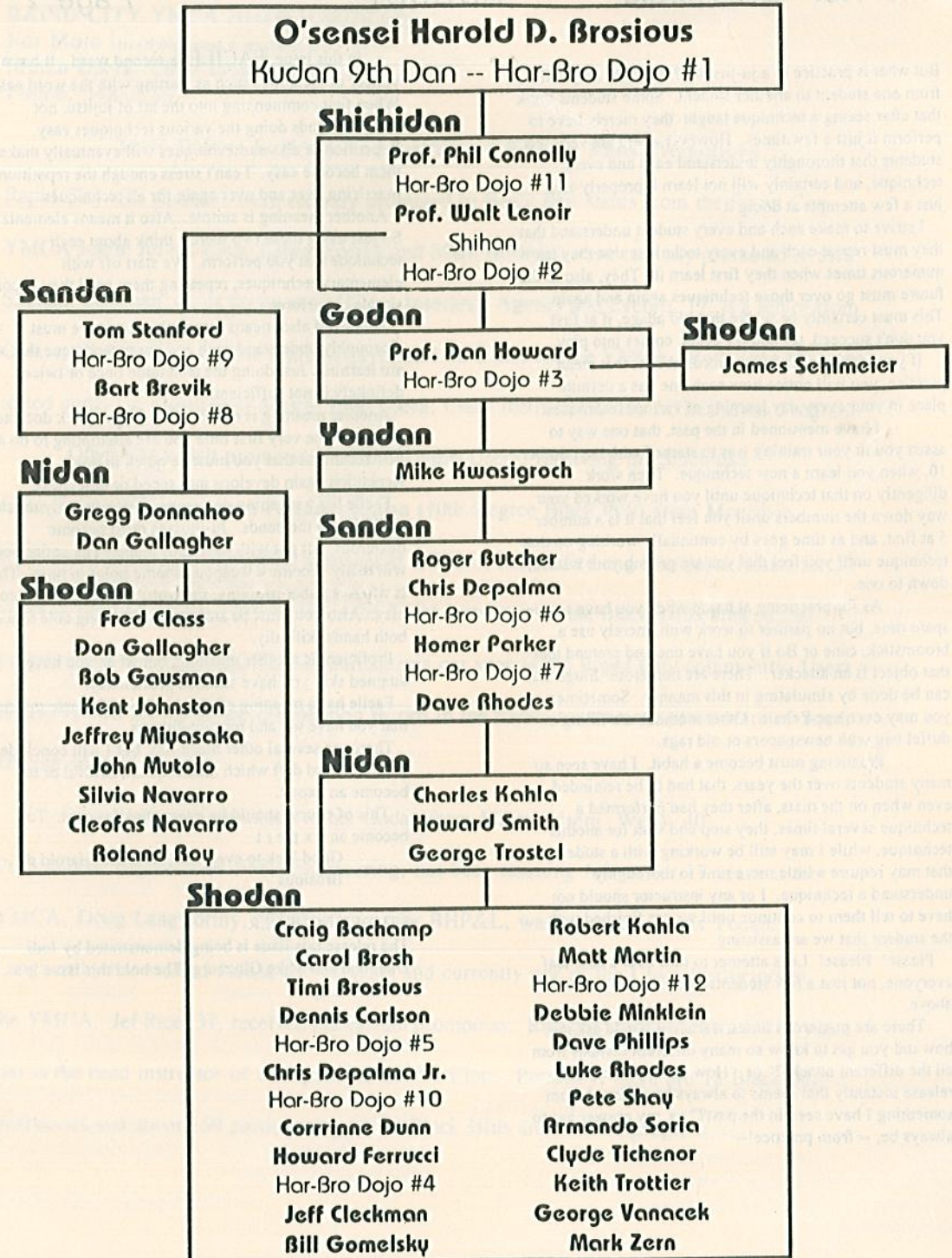
What will I be doing to help resolve the problem? By the start of 1998 there will be a short-answer written/oral exam for Sankyu, Nikyu & Ikkyu covering basic knowledge they should have as Black Belts. Two of my Black Belts are working on this exam. It will be available to sensei to review it and **USE** it. Will this help? I think it will help assure that potential Black Belts will delve into the jitsu aspect of the art before they get asked potentially embarrassing questions when they test for Shodan. I hope it will reestablish a consistent & high level of expectations that I have of my Black Belt candidates. I think it will also force some sensei to get their act together and make sure that their students have a broad base of knowledge before they test for Yudansha grades.

I get good and thorough answers from my black belts because they know I expect them to be thorough. They know I have a high level of expectation at the practical and theoretical level. Most of them become really good sensei because they have the sound background to teach Ju-Jitsu -- the *art* of self defense!

Answering the question: "What is the philosophy of Ju-Jitsu?" can be dealt with at many different levels: physical, mental, philosophical, & moral, just to name four. As a black belt candidate you should be able to respond competently & completely at all of these levels. After all, the goal of the written exam is to see how you think -- not to present the "right" answer -- because there really isn't just one answer.

- Prof. George Kirby, Hachidan

# Har-Bro Dojo of Ketsugo Ju-jitsu Yudansha Tree



But what is practice to a ju-jitsuian? Practice may differ from one student to another student. Some students think that after seeing a technique taught, they merely have to perform it just a few times. However, there are very few students that thoroughly understand each and every technique, and certainly will not learn it properly after just a few attempts at doing it.

I strive to make each and every student understand that they must repeat each and every technique that they learn numerous times when they first learn it. They, also in the future must go over those techniques again and again. This must certainly be where that old adage, if at first you don't succeed, try and try again, comes into play.

If you look at each of the words above, that mean practice, you will notice how each one has a definite place in your every day learning of various techniques.

I have mentioned in the past, that one way to assist you in your training was to start of with the number 10, when you learn a new technique. Then work diligently on that technique until you have worked your way down the numbers until you feel that it is a number 5 at first, and as time goes by continually working on that technique until you feel that you are getting your number down to one.

As for practicing at home when you have some spare time, but no partner to work with, merely use a broomstick, cane or Bo if you have one and pretend that that object is an attacker. There are numerous things that can be done by simulating in this manner. Sometimes, you may even use a chair. Other methods are filling a duffel bag with newspapers or old rags.

Practicing must become a habit. I have seen so many students over the years, that had to be reminded, even when on the mats, after they had performed a technique several times, they stop and wait for another technique, while I may still be working with a student that may require a little more time to thoroughly understand a technique. I or any instructor should not have to tell them to continue until we are finished with the student that we are assisting.

Please! Please! Let's attempt to turn over a new leaf everyone, not just a few students, consider what I stated above.

There are numerous times, a student would ask me, -- how did you get to know so many different escapes from all the different attacks?" or "How come you have a release instantly that seems to always be different from something I have seen in the past?" so, my answer has to always be, -- from practice!--

In this issue, FACILE, a second word. It has a variety of meanings such as starting with the word easy. When first commencing into the art of jujitsu, not everyone finds doing the various techniques easy. Repetition of all your techniques will eventually make them become easy. I can't stress enough the repetition of practicing over and over again for all techniques.

Another meaning is simple. Also it means elementary. So just using these two words, think about each technique that you perform. We start off with elementary techniques, repeating them until they become simple to perform.

This word also means thorough. Again we must thoroughly understand each and every technique that we are learning. Just doing the technique once or twice, definitely is not sufficient.

Another meaning is quick. To become quick does not mean that the very first time you are attempting to do a new technique that you must be quick in doing it. Repetition again develops into speed or quickness.

Facile has a meaning dexterous, which literally means skillful with the hands. Ju-jituians must become dexterous, but not with the hands alone. The entire body will really become a weapon at some point in time. This is where another meaning, the word skillful comes into play. Also you must be ambidextrous, being able to use both hands skillfully.

Proficient is another meaning, but when you have attained skill you have attained proficiency.

Facile has a meaning of clever. This of course means that you have wit and resourcefulness.

There are several other meanings, but I will conclude with the word deft which means quick, skillful or to become an expert.

This of course should be every students goal. To become an expert

Good luck to everyone! O'sensei Harold d. Brosious

STUDENT CORNER

The release this issue is being demonstrated by Jodi Diamond and Mike Ginzburg. The hold this issue is a rear bear hug.

RAPID CITY YMCA JUJITSU SCHOOL

For More information Contact:

Mutch Usera, Chief Instructor

Phone: 342-3738

South Dakota Students And Instructors Receive Rank Promotions

Rapid City--Six Students were recently promoted to Black Belt status from the Rapid City YMCA Jukite JuJitsu Club. Lance Everett and Mark Borresen were recently promoted to their Shodan. Borresen, 41, is the owner of Value Insurance Agency and Everett, 17, is a senior from Central High School. Everett is also a Certified Life Guard for the YMCA. Both were test were tested under the direction of Master Julio Usera, Chief Instructor of the Jukite JuJitsu Program.

Other Black Belt promotions included Julio Usera, receiving his Shichidan from Grand Master Kenneth Penland, Kudan (10th Degree Black Belt) from Monrovia, California. Usera, 42, Marketing Manager at BHP&L, has studied and instructed JuJitsu for 28 years at the Rapid City YMCA. He is the Chief Instructor of the Black Hills area JuJitsu program and directs several Karate tournaments per year in the Rapid City community. Usera is also known for his karate competition record in the karate tournament community of South Dakota and Wyoming.

Rich Wells was promoted to his Godan from Master Usera. Wells, 40, Professional Engineer for FMG Engineering, has been teaching JuJitsu for 17 years at the YMCA. Doug Langworthy, 42, Draftsman for BHP&L, was promoted to his Yodan. Langworthy has studied JuJitsu for 15 years and currently one of the Chief Instructors at the YMCA. Jef Rice, 37, received his Sandan promotion. Rice has studied JuJitsu for 12 years and is the head instructor of the Spearfish JuJitsu Club. Presently, there are 18 Black Belt Instructors and about 150 participating in the Black Hills area JuJitsu program.

**Yellow Belt Promotions:**

Matthew Bridge  
Nick Jockisch

**Orange Belt Promotions:**

Matthew Ziegler  
Gena Schoniger

**Green Belt Promotion:**

Tonielle Kelly  
Mathew Usera

**Blue Belt Promotions:**

Chris VanNorton

**Brown Belt Promotions:**

Tony Kelly, 1st Degree  
Blake Campbell, 1st Degree  
Ben Neil, 3rd Degree

The Rapid City JuJitsu Club (AJA Dojo 4100) is located at the Rapid City YMCA, South Dakota. Affiliated South Dakota dojos include: The Lead YMCA JuJitsu Club in Lead, the Spearfish JuJitsu Club in Spearfish, the McKay JuJitsu Club in Wall, and the Sturgis JuJitsu School in Sturgis.

**Quick & Dirty**

The first Quick & Dirty Self Defense seminar, held at Granada Hills High School last July, was a hit (no pun intended). Two more seminars are scheduled for 10/27 and 11/12. The instructor Professor Harold Brosious of the Har-Bro Dojo, was recently named "Instructor of the Year" at the World Martial Arts Hall of Fame 1997 convention. If you have never been to one of Prof. Brosious' seminars, you are in for a treat. Please call Prof. Brosious for details. 805 658 2271

**E-MAIL & WEB SITES**

- **Question:** What's cheaper than a long distance phone call or a postage stamp?
- **Question:** What can be responded to at your own convenience?
- **Question:** What doesn't use up paper [& therefore trees]?
- **Question:** What allows you to phrase questions correctly and get more complete answers?
- **Question:** How can students get information & advice from you outside of class?
- **Answer:** E-mail!
  
- **Question:** How do you get information about your school, activities, programs, etc. out to the largest possible audience, many times at no cost to yourself?
- **Question:** How do you get information about other dojo, sensei, organizations, arts, etc. at no financial cost to yourself?
- **Question:** How do you make travel plans directly, find out how much a new car actually costs the dealer, get information for presentations or class assignments?
- **Answer:** Web Sites!

I've spent the couple of months getting educated in this new consequence of technology & I've got a lot to learn. However, I do know that this is one way in which computer technology will radically change how we get and use information as well as how we communicate with each other. The internet can isolate us or it can bring us closer together. It depends on how we use it and how it affects us -- because it will whether or not we use it.

My free website [some companies offer free sites up to 2mb] is <<http://home.earthlink.net/~budoshin>>. There's lots of good information there & I update it regularly.

My e-mail address is <[budoshin@earthlink.net](mailto:budoshin@earthlink.net)>. It may take me awhile to respond to you, but be assured that you'll get a complete answer.

**Do you want your e-mail or website listed in a future issue of the newsletter?** Just send me an e-mail authorizing such. It could open up a whole new aspect of the art!

-- Prof. George Kirby, Hachidan