



THE DOJO CONNECTION

MONTHLY NEWSLETTER FOR MEMBERS OF BLACK HILLS BUJIN KI RYU JUJITSU DOJO

Winter Warrior Martial Arts Camp Featured Master Instructors

Valentines Day was a romantic normal day for everyone, except for those attending the 3rd Annual Winter Warrior Marital Arts Camp in Sioux Falls. Over 80 attendees participated in a 3-day martial arts camp, held from Feb 14 through Feb 16 in Sioux Falls which was hosted and produced by Joe Herreman, Kyoshi, 6th Dan and Owner of Dynamic Martial Arts of Sioux Falls.

The Camp featured several master instructors that presented a variety of styles, culture and history. Instructors included were:

- **George Alexander**, Hanshi, 10th Dan, Shorin Ryu Karate and Okinawan Kobudo, Shorinji Ryu Jujitsu, Okinawan Hakutsuru, and Kamagata Ryu KenJutsu
- **Julio "Mutch" Usera**, Hanshi, 10th Dan, Shorinji Ryu Jujitsu, Bujin Ki Ryu Jujitsu and 9th Dan, Taiho Jutsu
- **Allen Horner**, Shihan, 8th Dan, Bujin Ki Ryu Jujitsu and Eclectic Martial Art System
- **Johnny Turead**, Renshi, 5th Dan, Kodokan Judo



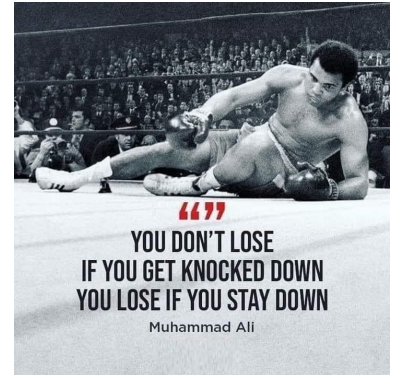
The Camp started on Valentines Day with Shorin Ryu Karate training with students from Dynamic Martial Arts. Saturday was filled with sessions in Kamagata Ryu Kenjutsu, Shorin Ryu Karate, Hakutsuru Kenpo, Kodan Judo, Taiho Jutsu and Shorinji Ryu Jujitsu. The day ended with rank promotions in several styles that were completed at Dynamic Martial Arts. Some DMA students also performed a demonstration that will presented to schools and events in Sioux Falls. Sunday was not any less when it came to training. The day included Competition Point Sparring, Kobudo, Bujin Ki Ryu Jujitsu wristlocks and finally a special Tournament Judge/Referee training session.

"The Winter Warrior Martial Arts Camp does not happen without much planning and volunteers from the members of Dynamic Martial Arts," said Joe Herreman. "There are many supporters who made this event safe as well as helped prepare for the training. I also want to thank my wife, Ann and dojo staff Kelly who has supported the registration, administration and organization during the entire event."

(Continue on page 2)



QUOTE OF THE MONTH



INSIDE THIS ISSUE

Winter Warrior Martial Arts Camp	1
Belt & Rank Promotions	3
The Essence of Shorin Ryu	5
Martial Arts History	8
Upcoming Events	9
Eileen Miller Promoted to 3rd Dan in Taiho Jutsu	11
Competition Training Session	11
Bits & Pieces	12



PHOTO GALLERY:

Winter Warrior Martial Arts Camp a Success

(Continued from page 1)



Black Hills Bujin Ki Ryu Jujitsu Affiliated Dojos

When you travel for business or vacation, be sure to stop by these Dojos to get in on some training. These Dojos are part of our martial arts organization and the training is complimentary as a member of Black Hills Bujin Ki Ryu Jujitsu:

Budokan Martial Arts Honbu Dojo, Palm Coast, FL

George Alexander, Hanshi, 10th Dan, ISKKF and ISJF
Phone: 518-567-7382
alexeyama@mindspring.com

Minnetonka Martial Arts, Minnetonka, MN

Allen Horner, Shihan, 8th Dan
Phone: 952-938-6765
eclecticmatialarts@comcast.net

Dynamic Martial Arts of Sioux Falls, Sioux Falls, SD

Joe Herreman, Kyoshi, 6th Dan
Phone: 605-370-0085
jherreman@dmaofsiouxfalls.org

Northern Hills Bujin Ki Ryu Jujitsu Dojo, Belle Fourche, SD

Eileen Miller, Renshi, 4th Dan
Phone: 605-210-2909
nhbkrjujitsu@outlook.com



STUDENT PROMOTION & RECOGNITION



Belt Promotions



1,500 Sit Up Challenge

Congratulations to Broady Jones, Youth Jujitsu, for completing the 1,500 Sit Up Fitness Challenge in February.



WELCOME NEW MEMBERS!

Aubrey Mangubat, Youth Class

BELT PROMOTIONS

Yellow Belt:

Tatum Mitchell, Youth Class
Mason McBrayer, Youth Class

Orange Belt:

Juelia Style, Youth Class

Green Belt:

Marceline Luna, Youth Class
Alex Gomez, Adult Class
Ethan Hansen, Adult Class
David Hansen, Adult Class

Brown Belt—IkKyu:

Riley Sharkey-Kerl, Youth Class

STRIPE PROMOTIONS

White Belt:

Amelia Cherry, 1st Stripe
Olivia Cherry, 1st Stripe
Jayden James, 3rd Stripe
Rick Alderson, 2nd Stripe
Josiah Wiitala, 2nd Stripe
Chris Johnson, 2nd Stripe
Tayla Bender, 3rd Stripe

Yellow Belt:

Micah Humpherys, 1st Stripe
Brayden Sedlacek, 2nd Stripe

Orange Belt:

Kai-Lia Junk, 2nd Stripe
Keian Ladd, 1st Stripe
Matt Sedlacek, 1st Stripe

Green Belt:

Jozlyn Watson, 1st Stripe
Nick D'Alessandro, 2nd Stripe

Blue Belt:

Broady Jones, 3rd Stripe
Jace Watson, 3rd Stripe

Winter Warrior Camp recognized students during Rank Promotion Ceremony

Bujin Ki Ryu Jujitsu:

- Aspen Schultz - Orange Belt
- Ava Herreman - Blue Belt
- Bennet Shoemaker - Green Belt
- Braelynn Johansen - Yellow Belt
- Cambria Johansen - Yellow Belt
- Colin McGuire - Yellow Belt
- Courage Kutch - Purple Belt
- Esley Champa - Orange Belt
- Heston Greer - Purple Belt
- Iain Sussner - Blue Belt
- Jamie Roeder - Sankyu Belt
- Josiah Lau - 1st Degree Brown Belt
- Kenian Nanton - Yellow Belt
- Kennedy Krall - Purple Belt
- Oliver Christensen - Orange Belt
- Oliver Konz - Blue Belt
- Sinisa Kantar - Yellow Belt
- Valerie Tieszen - Yellow Belt
- Zander Larson - Orange Belt



Kamagata Ryu Kenjutsu:

- Lorry Heiser - Shichikyu
- Courage Kutch - Rokukyu
- Brian Kribell - Rokukyu
- Nolan Bosma - Gokyu
- James Humpula - Gokyu
- Zack Herreman - Rokukyu
- Mark Bosma - Yonkyu



Matsumura Shorin Ryu Karate:

- Eli Leggett - White Belt w/ One Stripe
- Owen Kruse - Orange Belt
- Miguel Penaranda - Purple Belt
- Hilde Simonson - White Belt w/ One Stripe
- Lorry Heiser - Green Belt

Okinawan Kobudo:

- Ava Herreman - Blue Belt
- Liam Doherty - Orange Belt





**HAPPY
BIRTHDAY!**

March:

- 3/1 Walt Hofmann
- 3/20 Chris Johnson
- 3/28 Lennon VanVlack

April:

- 4/9 Broady Jones
- 4/9 Josh Usera
- 4/11 Sophia Lunn

May:

- 5/9 Brayden Sedlacek
- 5/10 Lucas Wheeler
- 5/19 Mason Price
- 5/30 Dominick Martin
- 5/30 Neveah Martin

June:

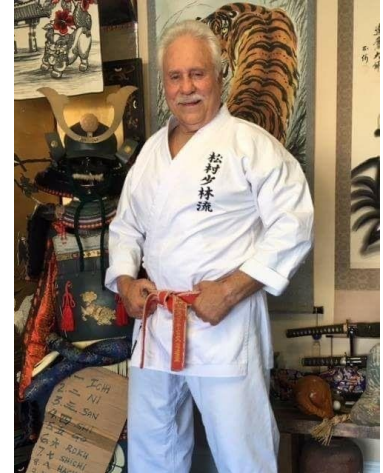
- 6/5 Jackson Weiler
- 6/10 Koltyn Usera
- 6/11 Jace Watson
- 6/15 Jarrett Breuninger
- 6/23 Dominick Lunn
- 6/25 Amelia Cherry

The Essence of Shorin Ryu

by George W. Alexander, PhD, Hanshi, 10th Dan, International Shorin Ryu Karate Kobudo Federation

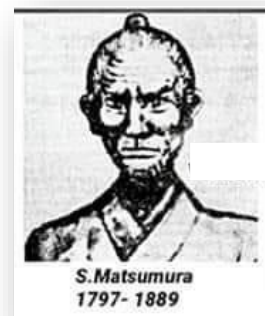
ORIGINS

Okinawa, Japan is the birthplace of karate and Shorin Ryu karate is the oldest and most traditional form of this Okinawan martial art. The fighting strategy of Shorin Ryu Karate is predicated on pure self-defense. However, the true essence of the Shorin Ryu style is embodied in its kata or forms. The kata are a living record of the history of the art. Since kumite or practice sparring wasn't done in ancient times the only safe way to practice was the repetition of kata. The traditional kata of Shorin Ryu are a set of formal solo exercises which



are composed of prearranged movements of attack and defense against imaginary opponents. Kata are used as the primary training method in Karate. Since the techniques of kata were developed from actual fighting, kata are the classical reenactment of former battles. More importantly, kata serve as a dictionary of fighting techniques, which have been tested in combat. The self-defense and fighting applications of the Shorin Ryu kata are based on both long range and close-in fighting techniques. The style still contains grappling, joint locking and throwing as well as *kyusho jutsu* (vital point striking), as opposed to merely punching and kicking. This makes it a complete martial art. The style has not been watered down or lost its original link to combative reality. Many modern tournament oriented systems have lost this link and their original combative approach.

"Bushi" Sokon Matsumura (1797-1889) is considered the founder of Shorin Ryu karate even though Anko Itosu (1830-1915), his student, actually devised the name Shorin Ryu, which is the Japanese pronunciation of *Shaolin* style. Matsumura was given the title *Bushi* meaning warrior by the Okinawan King in recognition of his abilities and accomplishments in the martial arts. In fact, Matsumura fought many times but was never defeated. His martial arts endeavors, specifically the organization of the Okinawan Shorin Ryu system, have been the progenitor of many contemporary karate styles, Shotokan Ryu and Shito Ryu, for example. Ultimately all modern styles of karate that evolved from the *Shuri-Te* lineage can be traced back to the teachings of Bushi Matsumura. This includes *Taekwon Do* (Korean Karate). Anko Itosu (1830-1915), a student of Bushi Matsumura was famous for quickly closing with his opponents and polishing them off with rapid-fire kicks and punches. Itosu sensei



(Continue on page 6)

The Essence of Shorin Ryu Karate

(Continued from page 5)

was responsible for bringing karate into the modern age when he gave the first public demonstrations of the art in Okinawa in 1900. Later, around 1922, the art was brought to mainland Japan by Okinawan masters and it then spread worldwide.

KATA & FIGHTING TECHNIQUE

Kata is at the heart of Shorin Ryu Karate. Kata are the formal solo exercises that define Shorin Ryu Karate. Kata have sometimes been referred to as shadow boxing but they are much more than this. Kata are the primary training



methodology used in karate. More importantly, kata serve as a dictionary of fighting techniques, which have been tested in combat.

An important aspect of training in kata is *bunkai*. *Bunkai*, sometimes referred to as *oyo*, is the interpretation of the practical application of kata movements. In addition to the techniques contained in kata such as, punching, kicking and blocking, the *bunkai* of kata contain a grappling art known as *astorite* or *tuite*, literally meaning twisting hands. The *tuite* applications of Shorin Ryu kata incorporate both throwing and joint-locking techniques.

Another aspect of training in kata is the use of *kiai*. A shout or *kiai* is used to release spiritual energy (*ki*). A *kiai* is used in conjunction with a powerful technique to harmonize or maximize one's strength while executing the technique. A *kiai* point in the kata signifies delivering the *coup de grace* or the final blow to the enemy. Most kata contain one or two *kiai* points.

To understand Shorin Ryu karate kata as a training methodology it is necessary to go back to the point in Okinawan martial arts history where these kata developed. Kata was the principal means of instruction. Knowledge was transmitted from generation to generation in this way. In the past, before karate's veil of secrecy was lifted, martial arts training had to be conducted with the utmost secrecy. No written records were kept. Therefore, a kata or pattern of movement was the perfect way to remember and practice individual techniques. The head of a family or village elder usually carried out instruction. In most cases, the teaching would be based on an established family tradition of martial skills indicative of a particular village. Usually, the village elder would come from a long line of experts. Kata were literally inherited from one's ancestors.

Most of the kata we have today in the Shorin Ryu karate system come to us from Bushi "Warrior" Matsumura. (1797-1889). He is credited with organizing and passing on the following kata: Pinan I & II, Naihanchi I & II, Passai Dai (Matsumura no Passai), Seisan, Useishi (Gojushiho) and Hakutsuru. Since then, the kata have been modified and evolved into the sophisticated traditional forms of Shorin Ryu karate used today. The Kihon, Pinan and Naihanchi are the basic forms of the system. The Kihons are a set of very elementary forms. The Pinans are a set of five kata with many self-defense applications. The Naihanchi kata are taught as a set of three kata. The Naihanchi forms although appearing to be rather fundamental contain some very effective sparring and self-defense applications. The implicit application of Naihanchi kata is fighting with one's back to a wall. Passai Sho, Passai Dai and Seisan represent the intermediate kata of Shorin Karate. The name Passai means to have the strength to penetrate a fortress, i.e. breakdown an opponent's defenses.

(Continue on page 7)

The Essence of Shorin Ryu Karate

(Continued from page 6)

Seisan is a very old kata and traces its origins back to China. It features open hand techniques and a defense against groin kicks. Passai Dai and Seisan kata have a high degree of sophistication with regard to pure self-defense and human psychology in that they both have movements in which blocking the opponent's second punch is implied.

The advanced forms of Shorin Ryu include Chinto, Gojushiho and Kusanku. The Chinto kata and its quick movements are best suited to a small man. It features balance maneuvers, one-legged stances, evasion tactics, a throwing technique and the double flying front kick. The evasion maneuver, in the past known only as a secret technique, is contained within the Chinto kata. This technique is referred to as the "diamond step" or the invisible valley in kung fu. Gojushiho on the other hand shows its unique Chinese origin with its many circular hand techniques and the use of the tiger and crane forms of Shaolin Kenpo. Gojushiho means fifty-four steps and is referred to in the Bubishi as a black tiger and white crane form. The Kusanku kata is often referred to as the highest and most advanced form within Shorin Ryu's repertoire of kata. The kata is named after a Chinese military envoy that visited Okinawa in 1756. It contains unique defenses, evasive twisting and counterattack techniques and the double flying front kick. It also has a form of evasion whereby one blends with the opponent's attack and then spins away to escape.

SHORIN RYU - THE FIGHTING ART

Shorin Ryu karate's fighting strategy uses fast and hard retaliatory kicks and punches to subdue an opponent and to end a confrontation quickly. Shorin Ryu's fighting system is considered an extension of the kata. In addition, the style emphasizes strong blocking movements coupled with *taisabaki* (body shifting) allowing one to shift away from an opponent's attack and be in a position to counterattack. The effectiveness of Shorin Ryu karate is a function of the simplicity of the techniques and movement inherent in the style.

Furthermore, Shorin Ryu Karate's fighting strategies of Sen No Sen (offensive strategy) and Go No Sen (defensive strategy) were first expounded in the classic work of Sun Tzu, *The Art of War*. The Sun Tzu classic covers strategy and tactics for warring armies. It is the earliest known work dealing with the art of war and is considered to be unsurpassed in its depth of understanding of the subject. It also suggests that if you know yourself and you know your enemy you will win one hundred percent of the time. The *Bubishi Martial Art Spirit*, karate's mystical sourcebook, cites the Sun Tzu principles of strategy as they relate to individual combat and Shorin Ryu karate.



Certain elements of fighting tactics long used in Okinawa as part of Shorin Ryu's tactics include the proper use of distance, speed and timing. Using distance (*maai*) correctly means engaging an opponent so as to be at a distance at which you must advance one step to attack, or retreat one step to defend. Paradoxically, as in *taisabaki*, it means to have the opponent away from you and yet to be close to him.

(Continue on Page 10)

MARTIAL ARTS HISTORY:

O-Goshi, The Major Hip Throw



Ō Goshi (major hip throw) is one of the original 40 throws of Judo as compiled by Jigoro Kano. It belongs to the Dai ikkyo, first taught group) of the Gokyo-no-waza, five teachings of techniques), of Kodokan Judo. It is also part of the current 67 Throws of Kodokan Judo. It is classified as a koshi-waza, hip technique).

O-goshi is known to have existed in the Tenjin Shinyō-ryū traditional school (koryū) of jujutsu, which Jigoro Kano studied prior to founding judo. In Tenjin Shinyō-ryū texts, the throw is called koshi-nage, hip throw). O-goshi was one of the first throwing techniques to be incorporated into judo and was included in the Dai nikyo, second taught group) of the 1895 Gokyo-no-waza. In the revised 1920 Gokyo-no-waza, the throw was moved to the Dai ikkyo, first taught group where it remains. O-goshi is often the first throw taught to a beginner as it is relatively simple to throw a compliant partner with control.

Martial Arts



AKIDO
ASIA
ATTACK
BELT
BLACK
BLOCK
BOW
CONTROL
DISCIPLINE

DOJO
JIU-JITSU
JUDO
KARATE
KICK
KICKBOX
KIMONO
KUNG FU
MAT

OPPONENT
PATH
PUNCH
RANK
STANCE
SUMO
TAEKWONDO
TAICHI
TATAMI

BASIC JAPANESE MARTIAL ARTS TERMINOLOGY

Soto----->Out
Uchi----->In
Juji----->X
Tsuki----->Punching
Teisho----->Palm Heel
Nami Ashi-->Inside Foot
Uriken----->Back Fist
Tettsui----->Bottom Fist
Dachi----->Stance
Kiba----->Straddle
Zen Kutsu--->Forward
Kokutsu----->Back
Kagi----->Hooked
Sanchin----->Hour Glass
Hachiji----->Open Leg
Hangetsu--->Wide Hour Glass
Neko Ashi--->Cat
Ippon----->One Knuckle
Ken----->Fist
Kentsui----->Hammer Fist
Kaisho----->Open Hand
Empi----->Elbow
Jodan----->Rising
Mae----->Front
Geri----->Kick
Keage----->Snap
Ke-Komi----->Thrust
Yoko----->Side
Ushiro----->Back
Mawashi----->Round House
Mikazuki--->Crescent
Tobi----->Flying
Hittsui----->Knee
Zuki----->Punch



Upcoming Events

Competition
Training Session:
SATURDAY, MARCH 22
10:00 AM TO 12:00 PM
AT THE DOJO

SATURDAY, APRIL 5
10:00 AM TO 12:00 PM
AT THE DOJO



2025 Sioux Falls Open

Martial Arts Tournament

Sparring & Forms - Saturday, April 26th
Grappling - Sunday, April 27th

Event Location: Sioux Falls Convention Center
1101 N. West Ave. Sioux Falls SD 57104

Sponsored By:  **DYNAMIC MARTIAL ARTS** OF SIOUX FALLS

 **BudoTV.com**

 Rules and Registration available online at siouxfallsoopen.com

2025 SOUTH DAKOTA OPEN MARTIAL ARTS CHAMPIONSHIP SATURDAY MAY 10TH

WHITE, SD

Location
Deubrook Jr./High School
100 S School Ave
White, SD 57276

Divisions

- Kata
- Weapons Kata
- Free Style Kata
- Point Sparring
- Grappling

Registration
\$25 1 Event
\$35 2 Events
\$40 All Events
\$35 Pre-Register All Events
\$5 Spectators

Registration Starts 8:30am
Black Belt Meeting 9:30am
Opening Ceremony Begins 10:00am
Competition Begins 10:15am
Pre-Registration Ends Saturday May 4th
Tournament Info Contact Guy English At:
whitekarateclub@gmail.com
or call 650-651-6294



HANSHI GEORGE ALEXANDER'S 2025 MARTIAL ARTS SEMINAR



WHEN
Training - June 5, 6 & 7, 2025

PRICE

Members:
\$325 - Prepaid in full by May 1, 2025
\$375 - After May 1, 2025
\$225 - One Day Training
Non-Members:
\$380 - Prepaid in full by May 1, 2025
\$400 - After May 1, 2025
Include 2 full days of training, belt rank testing, Thursday evening meet-n-greet with light foods and beverages, and after training evening socials.

WHERE

Hammock Beach Community Center
79 MalaCompra Road, Palm Coast, Florida

REGISTER AT: WWW.WORLDBUDOKAN.COM
CALL: 518-567-7382

TRAINING INCLUDE:

- OKINAWA SHORIN RYU KARATE
- SHORINJI RYU JIJITSU
- KAMAGATA RYU KENJUTSU
- HAKUTSUKU KENPO
- KOBUDO
- IAIDO
- KENDO



The Essence of Shorin Ryu Karate

(Continued from page 7)

The advantages of speed are obvious. Without the ability to strike quickly, the best attack and counterattack simply will not work. Timing refers to attacking or defending at the precise moment in order for the techniques applied to be most effective. Attacking at the wrong moment allows your opponent to seize the advantage by finding a weakness in your defense. Blocking too late allows your opponent to penetrate your defense.

Another element of fighting tactics implicit in Shorin Ryu karate training methods is power. The development of knockdown power is critical in actual combat. An old Okinawan expression was *ikken Hissatsu*, meaning to kill with one blow. This refers to developing enough destructive power to kill by using one punch or one kick. The effectiveness of these measures was accomplished by understanding *kime* or focus and “impact conditioning”. *Kime* is the ability to make a muscular contraction at the end of the execution of a kick or punch. This creates the snap of the *gi*. In addition, Matsumura sensei was often quoted as saying “Torque [hip rotation] plus speed equals true power”. Impact conditioning refers to striking the *makiwara* (striking post) repeatedly in order to develop destructive power. This was necessary in order to make the one punch kill tactic an effective measure of Shorin Ryu karate.

The most classical technique of karate is the counterattack. In the counterattack, the defender must be able to move his body quickly to avoid an attack. This principle of Shorin Ryu is called *taisabaki* or body shifting. This tactical element teaches how to angle away from an opponent so that the opponent can be hit but the defender still remains out of range. The constant repetition of basics and kata are necessary to develop the skill of footwork, timing and distance needed to perfect *taisabaki*.

Bushi Matsumura (1797-1889) proposed the idea that a warrior who follows the way of the martial arts waits for the enemy to defeat himself. He says this is what he admires most. He says “You must deal with your own mind well and wait for others to fall apart mentally. Win the battle by remaining calm and stealing the mind of your opponent. Wait for the opponent to commit himself and make a mistake – then counterattack.” Anko Itosu (1830-1915) is quoted as saying, “During practice you should imagine you are on the battlefield. When blocking and striking, the eyes glare, drop the shoulders and harden the body. Now block the enemy’s punch and strike! Always practice with this spirit, so that when on the real battlefield you will be naturally prepared.”

The Shorin Ryu style of Okinawa is a combat oriented martial art that uses kata as its primary training methodology. Further, the true essence of this art is preserved by the practice of its traditional kata. The proven techniques contained in the kata and fighting strategies have shown that Shorin Ryu karate is an effective self-defense method that has been tested in combat and has survived to the present day. This effective karate style with its fast and hard techniques and traditional kata has been handed down to us from another time. Fortunately, the masters of a bygone era have passed onto the modern practitioners of the art “The Essence of Shorin Ryu Karate”.

ABOUT THE AUTHOR

George W. Alexander, Hanshi 10th Dan, has been featured in the DVD entitled ***The Essence of Shorin Ryu Karate*** that contains many aspects of self-defense, kumite and kata applications. He also has DVD’s in ***The Secrets of the Bubushi*** that details the secrets of the death touch. Finally, he has recently completed ***Sun Tzu The Art of War*** and ***Go Rin no Sho The book of Five Rings*** on videotape. These are two masterworks on strategy. He is also the author of ***Okinawa Island of Karate***. George Alexander, Hanshi can be contacted at www.worldbudokan.com - International Shorin Ryu Karate Kobudo Federation (ISKKF) or International Shorinji Ryu Jujitsu Federation (ISJF).



Northern Hills Bujin Ki Ryu Jujitsu Dojo Hosted Competition Sparring Session



Students from Northern Hills and Rapid City Dojos participated in a fun day as they worked on competition point sparring drills and strategies. The next training session will focus on competition grappling, held at the Rapid City Dojo on Saturday, March 22 from 10 am to 12 pm. Everyone is welcome to attend.



Eileen Miller received Taiho Jutsu Promotion



Eileen Miller, Renshi, 4th Dan is the Master Instructor at Northern Hills Bujin Ki Ryu Jujitsu. During the

Competition Training Session at her Dojo she was recognized and promoted to 3rd Dan in Taiho Jutsu by Mutch Uera, Hanshi, 9th Dan, Taiho Jutsu. Eileen also receive her Life Membership into the United States Jujitsu Federation (USJF) and the United States Martial Arts Federation.

Taiho Jutsu originated as the Japanese law enforcement art and today is taught to law enforcement, security and military tactical defense units. The United States Jujitsu Federation has updated the art to fit today's law enforcement practices and policies throughout the United States.





International Shorinji Ryu Jujitsu Federation

The *International Shorinji Ryu Jujitsu Federation* (ISJF) is recognized as a worldwide martial arts organization and is a member of the World Martial Arts Federation. The ISJF is a world leader in organizing and presenting the art of Jujitsu to the public.

Lead by Hanshi George Alexander, 10th Dan, Chair of the Board, the International Shorinji Ryu Jujitsu Federation (ISJF) is dedicated to teaching its members and educating the public about the art of Japanese Jujitsu.

All students are encouraged to become a member of the International Shorinji Ryu Jujitsu Federation. Hanshi Usera is a life-time member and Director for the ISJF. Annual membership fee is \$45. To enroll as a member of the ISJF, simply pickup a ISJF membership form at the dojo or

BITS & PIECES...

LEAVE OF ABSENCE: *Members participating in other activities during the year*

If you or your child plan to participate in other sports and may need to take time off from Jujitsu Class, please be sure to notify us at least **one month** in advance so we are able to process postponing your membership payment from the month they depart until when they plan to return. Payment postponement through **Leave of Absence** are good for up to three months. You can pick up a **Leave of Absence** form at the Dojo and email to jmu8dan@gmail.com or deliver to Hanshi Usera or contact Char Usera at 605-381-8470.

Update your membership information

As we move into a new month, please be sure to check your membership information for updates that need to be sent to Char Usera. This includes payment information, home address, phone number and email address. You can contact Char at 605-381-8470 or email her at charleneusera@gmail.com.

10 Qualities of a Good Leader

L	Leads by example	
E	Empowers others	
A	Acts with integrity	
D	Driven to succeed	
E	Engages in active listening	
R	Resilient in challenges	
S	Shows empathy	
H	Holds themselves accountable	
I	Inspires through vision	
P	Prioritizes team growth	

PROUD MEMBER OF:



It's Finally Here!
BudoTV.com



This video library hosts some of the best martial arts training videos, featuring top martial artists from around the world. Get started today with our ever expanding library of martial arts knowledge.



Black Hills

Bujin Ki Ryu Jujitsu Honbu Dojo

Mutch Usera, Hanshi, 10th Dan & Co-Owner

605-863-2378 / jmu8dan@gmail.com

Char Usera, Co-Owner & Business Manager

605-381-8470 / charleneusera@gmail.com

Website: www.bujinkiryujujitsu.com