



# THE DOJO CONNECTION

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



## QUOTE OF THE MONTH



A sensei's impact goes beyond teaching martial art skills; it's about nurturing the inner strength and confidence of each student.

## Back to School Safety Tips

Source: National Safety Council ([www.nsc.org](http://www.nsc.org))

As summer draws to a close and children start heading back to school, family life can get pretty hectic. It's important to remember – **and share with your children** – some key tips that will help keep them safe and healthy throughout the school year. Here are some tips to make sure your child safely travels to school:



### Transportation Safety

#### Walkers:

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions.

- Review your family's walking safety rules and practice walking to school with your child.
- Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing the traffic.
- Before you cross the street, stop and look left, right and left again to see if cars are coming.
- Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections.
- Stay alert and avoid distracted walking.

#### Bike Riders:

Teach your child the rules of the road and practice riding the bike route to school with your child.

- Ride on the right side of the road, with traffic, and in a single file.
- Come to a complete stop before crossing the street; walk bikes across the street.
- Stay alert and avoid distracted riding.
- Make sure your child always wears a properly fitted helmet and bright clothing.

#### Bus Riders:

Teach your children school bus safety rules and practice with them.

- Go to the bus stop with your child to teach them the proper way to get on and off the bus.
- Teach your children to stand 6 feet (or three giant steps) away from the curb.
- If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other.

(Continue on page 2)

### INSIDE THIS ISSUE

Back to School Safety Tips	1
Summer Youth Camp	3
Belt Recognition & Promotions	4
Stop Bullying in School	5
Master Series Martial Arts Camp	6
The Back Fist Strike	8
The Black Uniform in Martial Arts	8
The Meaning of Hanshi	9
Control the Clinch, Command the Throw	10
Martial Arts Crossword Puzzle	11
Bits & Pieces	12





## **Black Hills Bujin Ki Ryu Jujitsu Affiliated Dojos**

When you travel for business or vacation, the below Dojos are part of our martial arts organization and 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, and president of ISKKF, OHKA, and ISJF  
Phone: 518-567-7382  
[www.worldbudokan.com](http://www.worldbudokan.com)

### **Minnetonka Martial Arts, Minnetonka, MN**

Allen Horner, Shihan, 8th Dan  
Phone: 952-938-6765  
[eclecticmatialarts@comcast.net](mailto:eclecticmatialarts@comcast.net)

### **Dynamic Martial Arts of Sioux Falls, Sioux Falls, SD**

Joe Herreman, Kyoshi, 6th Dan  
Phone: 605-370-0085  
[www.dmaofsiouxfalls.org](http://www.dmaofsiouxfalls.org)

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

Eileen Miller, Renshi, 4th Dan  
Phone: 605-210-2909  
[nhbkrjujitsu@outlook.com](mailto:nhbkrjujitsu@outlook.com)

### **Park City Martial Arts, Park City, UT**

Jim Kwan, Renshi, 4<sup>th</sup> Dan  
Phone: 952-818-9919  
[www.parkcitymartialarts.com](http://www.parkcitymartialarts.com)

# Back to School Safety Tips

*(Continued from page 1)*

## **Driving your Child to School:**

Stay alert and avoid distracted driving.

- Obey school zone speed limits and follow your school's drop-off procedure
- Make eye contact with children who are crossing the street
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus.



## **Teen Drivers:**

Car crashes are the No. 1 cause of death for teens.

Fortunately, there is something we can do.

- Teens crash because they are inexperienced; practice with new drivers every week, before and after they get their license.
- Set a good example; drive the way you want your teen to drive.
- Remind teens to stay off mobile phones and devices while driving.

## **School Safety**

Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school.

### **Backpacks:**

Choose a backpack for your child carefully; it should have ergonomically designed features to enhance safety and comfort.

- Ask your children to use both straps when wearing their backpack to evenly distribute the weight on their shoulders.
- Don't overstuff a backpack; it should weigh no more than 5% to 10% of your child's body weight.
- Rolling backpacks should be used cautiously since they can create a trip hazard in crowded school hallways.

### **Playgrounds and Sports:**

- To reduce strangulation hazards on playgrounds, have your child leave necklaces and jackets with drawstrings at home.
- A few bumps and bruises can be expected when your child plays sports, but head injuries should never be ignored.

# PHOTO GALLERY: 2025 Summer Youth Jujitsu Camp



# STUDENT PROMOTION & RECOGNITION



**WELCOME NEW MEMBERS**  
A.J. Garcia

**BELT PROMOTION**  
**Green Belt:**  
Juelia Styles, Youth Class

## STRIPE PROMOTIONS

**White Belt:**  
Aubrey Manugat, 3rd Stripe  
Joyce Thompson, 3rd Stripe  
Kodi Ladd, 3rd Stripe

**Yellow Belt:**  
Chris Johnson, 3rd Stripe  
Tayla Bender, 3rd Stripe  
Mason McBrayer, 2nd Stripe

**Green Belt:**  
Keian Ladd, 2nd Stripe  
Matt Sedlacek, 2nd Stripe  
Ellie Wheeler, 2nd Stripe  
Kenny Sedlacek, 2nd Stripe  
Jozlyn Watson, 2nd Stripe

**Purple Belt:**  
Anika Weiler, 3rd Stripe



# Parents: *How to Respond to Bullying during School*

## Stop Bullying on the Spot!

As you know, school is only 30 days from beginning again. It will be important for parents to stay engaged during the school year as some children may be bullied the first few days of school. When parents and adults respond quickly and consistently to bullying behavior, they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

### Do:

- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.



### Avoid these common mistakes:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't talk to the kids involved together, only separately.
- Don't make the kids involved apologize or patch up relations on the spot.

### Get police help or medical attention immediately if:

- A weapon is involved.
- There are threats of serious physical injury.
- There are threats of hate-motivated violence, such as racism or homophobia.
- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal act, such as robbery or extortion—using force to get money, property, or services.

### Find Out What Happened:

Whether you've just stopped bullying on the spot or a child has reached out to you for help, follow the steps below to determine the best way to proceed.

- Keep all the involved children separate.
- Get the story from several sources, both adults and kids.
- Listen without blaming.

*(Continue on page 9)*

**HANSHI MUTCH USERA**  
**2025 MASTER SERIES**  
**MARTIAL ARTS CAMP**



**WHEN**  
**OCTOBER 10, 11 & 12, 2025**

**WHERE**  
**BLACK HILLS**  
**BUJIN KI RYU JUJITSU HONBU DOJO**  
**UPTOWN RAPID MALL, RAPID CITY, SOUTH DAKOTA**

**PRICE**  
**\$85 PER PERSON - FOR ALL THREE DAYS**

**CAMP SPONSORS**  
**LAQUINTA / 605-718-7000**  
**1416 N. ELK VALE RD, RAPID CITY, SD**

**WATIKI WATER PARK**  
**580 WATIKI WAY, RAPID CITY, SD**

**UPTOWN RAPID MALL**  
**2200 N. MAPLE AVE, RAPID CITY, SD**

**REGISTER AT THE DOJO DURING CAMP**  
**OR MAIL TO:**  
**MUTCH USERA, HANSHI**  
**5624 VILLAGGIO LN, RAPID CITY, SD 57702**  
**EMAIL: JMU8DAN@GMAIL.COM**  
**CALL: 605-863-2378**



**TRAINING INCLUDE:**

- **BUJIN KI RYU JUJITSU**
- **SHORINJI RYU JUJITSU**
- **TAIHO JUTSU**
- **OKINAWA SHORIN RYU KARATE**
- **KAMAGATA RYU KENJUTSU**
- **OKINAWA HAKUTSURU KENPO**
- **CHINESE KENPO**
- **JEET KUN DO**
- **KOBUDO**



## FREQUENTLY ASKED QUESTIONS



## Hanshi Mutch Usera presents 2025 Master Series Martial Arts Camp

### 1. When is the Master Series Martial Arts Camp?

#### Friday, Oct 10:

Camp enrollment and check-in: 4:00 pm to 5:00 pm  
Sessions begin at 5:00 pm to 7:30 pm

#### Saturday, Oct 11:

Camp enrollment and check-in at 8:00 am to 9:00 am  
Sessions begin at 9:00 am to 4:00 pm  
Belt testing and Awards and Recognition at 4:00 pm to 6:00 pm

#### Sunday, Oct 12:

Check-in period at 8:00 am  
Camp sessions begin at 9:00 am to 11:30 am

### 2. Where is the Camp being held?

Black Hills Bujin Ki Ryu Jujitsu Honbu Dojo at the Uptown Rapid Mall,  
2200 N. Maple Avenue, Rapid City, SD 57701

### 3. How to Register for Camp?

Cost: \$85 per Person

Camp fee is non-refundable.

Complete the Camp Enrollment form

Cash or make check payable to: **Black Hills Bujin Ki Ryu Jujitsu Dojo**

Option 1 - Enroll during day of Camp on Friday or Saturday

Option 2 - Mail registration form to Hanshi Mutch Usera at  
5624 Villaggio Lane, Rapid City, SD 57702

Option 3 - Website enrollment forms may be available at your Dojo.

### 4. Who can attend Camp?

The Camp is for all students of all ages and belt levels to learn martial arts skills  
in various styles and systems. Attendees and instructors are from our Dojos  
located across South Dakota including Minnesota and Utah.

### 5. What should I bring for training at the Camp?

Bring your GI, safety and sparring gear. If you don't own sparring gear, we will  
supply you with borrowed gear. If you own a Bo (long staff), please bring it to  
Camp. Also, bring light snacks and drinking water or beverage for break periods.  
A lunch break will be scheduled for Saturday at 11:30 am.

### 6. Do I have to train all three days?

Your enrollment fee covers all three days of the Camp. You may train in as many  
sessions you like. There will be 10-15 minute breaks between training sessions.

### 7. Can my family and friends watch the training sessions?

Yes. We encourage family and friends to attend in support of your training or just  
observe the various sessions that will be instructed during Camp. Videoing camp  
training sessions are not allowed!

### 8. Will there be recognition awards and promotions held at Camp?

Yes. On Sat, Oct 11 at 4:00 pm, we will hold belt testing, followed by awards  
and recognition of all students attending Camp. Also, group and attendee photos  
will be taken during that time.

### 9. Will you sell equipment for training at Camp?

We will offer sales for limited equipment and supplies such as GIs, sparring gear,  
training manuals, Dojo patches and safety gear.

**For more information contact:**  
Mutch Usera, Hanshi, 10th Dan  
605-863-2378 [jmu8dan@gmail.com](mailto:jmu8dan@gmail.com)

[www.bujinkiryujujitsu.com](http://www.bujinkiryujujitsu.com)





**HAPPY  
BIRTHDAY!**

**August:**

- 8/1 Michael Hill
- 8/14 Olivia Cherry
- 8/16 Noah Usera
- 8/23 Dylan Martin
- 8/23 Karisa Bellipanni
- 8/26 Khai-Lia Junk
- 8/26 Rick Alderson

**September:**

- 9/6 Aubrey Mangubat
- 9/16 Dreagan Smith
- 9/21 Adreanna Patton
- 9/23 Jonathan Usera
- 9/24 Jozlyn Watson

**October:**

- 10/17 Matt Sedlacek
- 10/21 Tayla Bender
- 10/30 Vern Haas

## Devastating Backfist Strikes (Uraken Uchi) for Real Combat Power

Uraken-Uchi (Backfist Strike) is a fast, snapping strike aimed at the opponent's face. Both fists are held at chest height with palms facing inward, then thrust one after another using the elbows as pivots. The key is speed and precision.

After each strike, the fist should be quickly retracted to prepare for the next. The real power comes from the twist of the hips and a slight forward push from the legs. This technique is excellent for overwhelming an opponent with speed, creating openings for follow-ups.



Uraken-Hizo-Uchi (Backfist to the Spleen) targets the opponent's side or gut. Start with fists at navel height, one in front of the other. Pivot the elbow, rotating the fist inward toward the opponent's midsection. This movement is subtle but brutal when timed right, especially in close quarters. This strike can interrupt breathing and reduce the opponent's mobility by attacking the ribs or spleen area.

Both techniques are ideal for close-range self-defense. They are quick to execute, hard to block, and effective in disorienting or disabling an attacker. Practice these moves with proper hip movement and snapping speed to master their full impact potential.

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## The Black Uniform (Gi) in Martial Arts

While the traditional karate or Jujitsu uniform (Gi) is white, black Gis are also commonly seen in some styles and hold specific significance.

Here's a breakdown of what a black Jujitsu or Karate uniform symbolizes:



**Experience and Mastery:** In many dojos and martial arts' styles, the black Gi is associated with higher levels of experience, skill, and dedication to the martial art. This is true for Bujin Ki Ryu Jujitsu members.

**Prestige and Professionalism:** Black Gi is often favored by advanced practitioners and professional fighters, symbolizing their mastery and professionalism in the sport. However, some styles wear black Gis as their martial arts' preference.

**Practicality:** Darker colors, like black, are more resistant to showing stains and dirt accumulated during rigorous training sessions.

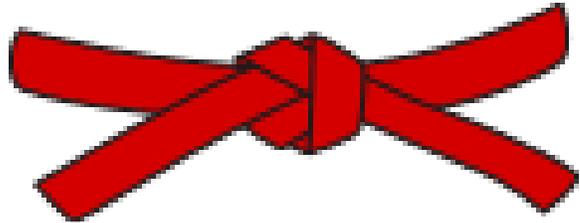
*(Continue on page 10)*

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# The meaning of the title Hanshi

In Japanese or Okinawan martial arts, Hanshi is the highest title within the grading system, or "Shogo" (instructor titles). It's not just about technical skill; it represents a much deeper level of mastery and personal development. Here's what a Hanshi generally represents:

- ◆ **Exemplary Master / Role Model:** The literal translation of Hanshi is "exemplary master" or "role model." This means that a Hanshi is not only a technical expert in their martial art but also a paragon of conduct, wisdom, ethics, and character for all students and instructors.
- ◆ **Profound Wisdom and Vision:** A Hanshi is expected to have a deep understanding of the martial art, not just its physical aspects, but also its philosophy, history, and underlying principles. They possess an elevated vision that goes beyond the mere execution of techniques.
- ◆ **Significant Contribution:** Hanshi have dedicated decades to practicing and teaching their art, making significant contributions to their organization and to the overall development of the martial art.
- ◆ **High Dan Grade:** Generally, to be eligible for the Hanshi title, a very high grade is required, often 9th Dan or higher. The belt color worn is typically a Red Belt. However, wearing a Black Belt is also acceptable.
- ◆ **Age and Experience:** An advanced age (frequently over 55 or 60 years old) and many years of experience in both practice and teaching are typically required.
- ◆ **Institutional Recognition:** The Hanshi title is not self-conferred but is awarded by a person at a higher or same belt rank, martial art style and/or by a recognized federation or association.



In summary, a Hanshi represents the pinnacle of development in a Japanese martial art, not just in skill, but also in character, wisdom, and contribution to the community. It's an honor that reflects a lifetime of dedication and excellence.

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## How to Respond to Bullying during School

*(Continued from page 5)*

There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else. Review the definition of bullying. To determine if this is bullying or something else, consider the following questions:

- What is the history between the kids involved? Have there been past conflicts?
- Is there a power imbalance?

Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.

- Has this happened before? Is the child worried it will happen again?
- Have the kids dated? There are special responses for teen dating violence.
- Are any of the kids involved with a gang? Gang violence has different interventions.

Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior. State law and school policy may have additional guidelines for defining bullying behavior. Don't call the act "bullying" while you are trying to understand what happened.

It may be difficult to get the whole story, especially if multiple students are involved or the bullying involves social bullying or cyberbullying. Collect all available information.

## Control the Clinch, Command the Throw!

Whether standing or grounded, these takedowns showcase the art of leverage, timing, and pure technique. From grip to the ground, dominate every phase.

Row-by-Row Breakdown:

### Panel 1 – Hip Throw (O Goshi or Koshi Guruma):

- The practitioner controls the opponent's arm and body.
- They turn their back into the opponent while pulling them forward.
- Using the hips as a pivot point, they flip the opponent over the hip.

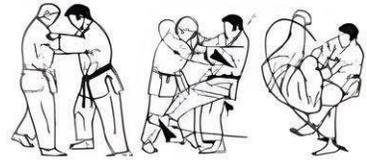
Panel 1



### Panel 2 – Leg Sweep Takedown (Harai Goshi variant):

- With grips secured, the practitioner lifts and rotates.
- Simultaneously sweeps the opponent's leg while rotating the torso.
- This creates an off-balance takedown landing the opponent hard.

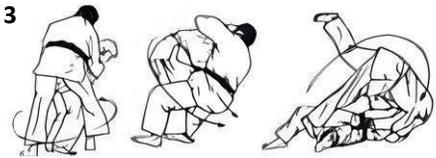
Panel 2



### Panel 3 – Sacrifice Throw (Tomoe Nage or similar):

- The defender pulls the opponent forward while falling backward.
- A foot is placed on the opponent's waist/stomach to propel them over.
- Used when being pushed or overpowered — converts energy into a throw.

Panel 3



### Key Concepts Across All Techniques:

- Grip control is essential for setup.
- Off-balancing (Kuzushi) is critical before the throw.
- Timing, leverage, and body rotation power each move.
- Ends with the opponent on the ground in a compromised position.

## Black Uniform (Gi) in Martial Arts

(Continued from page 8)

It's important to remember that the specific rules and expectations regarding Gi colors can vary depending on the martial arts' dojo or organization:

**School Policies:** Some martial arts' styles and dojos may have strict policies that reserve black Gi's for specific ranks or only allow certain color Gi's in general. Most Bujin Ki Ryu Jujitsu dojos allow students to wear all white or blue Gi's; and also black Gi pants with white Gi tops. However, all Black Gi's are reserved for only Brown and Black Belt members.

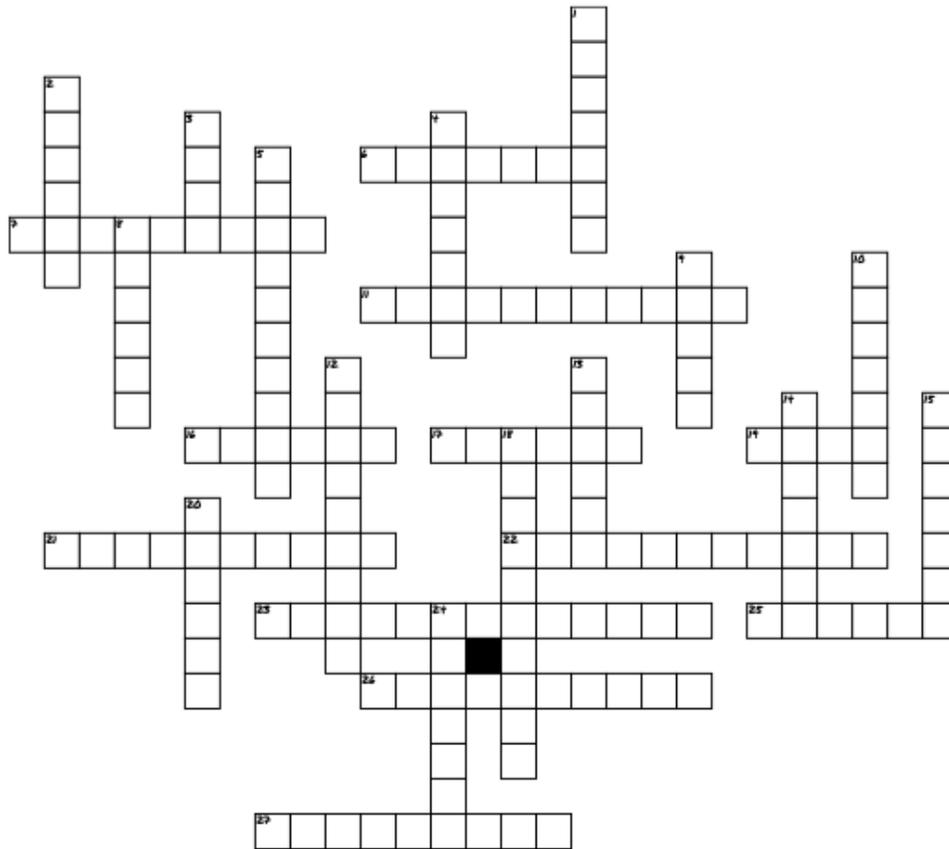
**Personal Preference:** Where allowed, the choice of a black Gi can also be a matter of personal preference, reflecting individual style and comfort during training.

**Competition Rules:** Competition rules, such as those set by the International Brazilian Jiu-Jitsu Federation (IBJJF), may have color restrictions for uniforms worn during tournaments.

To learn more about what type of Gi (uniform) you are allowed to wear, please visit with your Dojo head instructor.



# MARTIAL ARTS WORD PUZZLE



## ACROSS

6. A PERSON TRAINED TO COMPLETE IN A SPORT  
 7. THE ART OF SELF-DEFENSE THAT ORIGINATED IN KOREA  
 11. INCLUDE COMPREHENSIVELY  
 16. MADE OR CONSISTING OF WOOD  
 17. A RAPID ACTIVE COMMOTION  
 19. THE PRODUCT OF HUMAN CREATIVITY  
 21. ACTIVITY OR EXPERIENCE THAT PROVIDES MENTAL OR PHYSICAL TRAINING  
 22. THE PROPERTY OF BEING FLEXIBLE EASILY BENT OR SHAPED  
 23. EDUCATION THAT RESULTS IN UNDERSTANDING AND THE SPREAD OF KNOWLEDGE  
 25. INVOLVING THE MIND OR AN INTELLECTUAL

## DOWN

1. A ROOM OR BUILDING FOR THE DISPLAY OR SALE OF WORKS OF ARTS  
 2. FIGHTING BETWEEN TWO MILITARY FORCES  
 3. A SPORT ADAPTED FROM JUJITSU AND SIMILAR TO WRESTLING; DEVELOPED IN JAPAN  
 4. THE SCIENCE OF MATTER AND ENERGY AND THEIR INTERACTIONS  
 5. COMPLETE AND WHOLEHEARTED FIDELITY  
 8. A PRIMARILY UNARMED CHINESE MARTIAL ART RESEMBLING KARATE  
 9. IN FRENCH IS THE SAME THING LIKE IN JAPANESE. START WITH K  
 26. AN EVENT THAT REPEATS  
 27. A STIFF MODERATELY THICK PAPER

10. A METHOD OF SELF-DEFENSE WITHOUT WEAPONS THAT WAS DEVELOPED IN CHINA AND JAPAN; HOLDS AND BLOWS ARE SUPPLEMENT BY CLEVER USE OF THE ATTACKER'S OWN WEIGHT AND STRENGTH

12. FROM APPEARANCE ALONE  
 13. A TRADITIONAL JAPANESE SYSTEM OF UNARMED COMBAT. K  
 14. A CUSTOMARY WAY OF OPERATION OR BEHAVIOR  
 15. OF OR APPROPRIATE TO WAR; WARLIKE  
 18. UNDERGOING NO CHANGE WHEN ACTED UPON  
 20. A JAPANESE FORM OF SELF-DEFENSE AND MARTIAL ART THAT USE LOCKS, HOLDS, THROWS AND THE OPPONENT'S OWN MOVEMENT  
 24. AN ECLECTIC KOREAN MARTIAL ART FOUNDED BY YOUNG SUL SCHOOL

## WORD BANK

- |            |               |             |             |        |            |
|------------|---------------|-------------|-------------|--------|------------|
| SEEMINGLY  | COMBAT        | FLEXIBILITY | TAE KWON DO | KARATE | PRATICE    |
| PHYSICS    | UNAFFECTED    | FLURRY      | ENCOMPASSES | JUDO   | DISCIPLINE |
| DEDICATION | KENPO         | ATHLETE     | MENTAL      | WOODEN | JUJITSU    |
| MARTIAL    | ENLIGHTENMENT | REPETITION  | CARDBOARD   | ARTS   | GALLERY    |
| KUNG FU    | HAPKIDO       | AIKIDO      |             |        |            |



## 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 pick up a ISJF membership form at the dojo or contact Hanshi Usera.

## 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](mailto:jmu8dan@gmail.com) or deliver to Hanshi Usera or contact Char Usera at 605-381-8470.

### Update your membership information

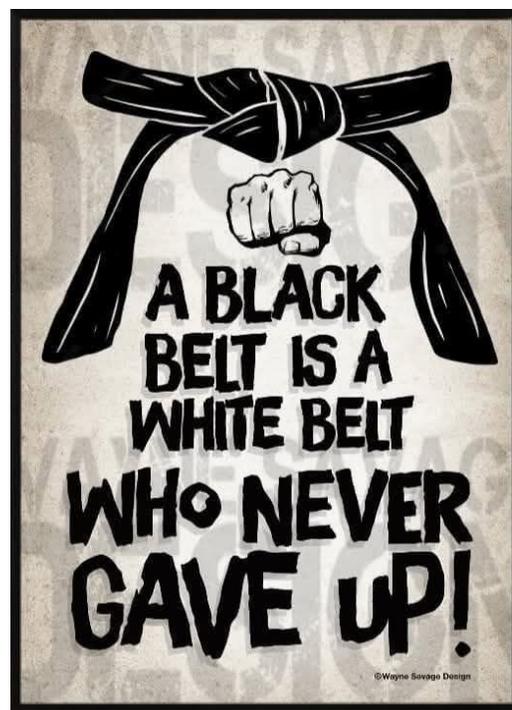
As we move into a new month, please be sure to check your membership information for updates that need to be sent to Char Usera. This includes payment information, home address, phone number and email address. You can contact Char at 605-381-8470 or email her at [charleneusera@gmail.com](mailto:charleneusera@gmail.com).

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### Black Hills

#### Bujin Ki Ryu Jujitsu Honbu Dojo

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Website: [www.bujinkiryujujitsu.com](http://www.bujinkiryujujitsu.com)