



THE DOJO CONNECTION

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

Martial Arts Attitude:

Five Tips to be a Good Leader

Source: National Association of Professional Martial Artists (NAPMA)

1. Practice the Golden Rule

The Golden Rule says, "Do unto others as you would have them do unto you." Some interpret this as meaning they are to "do for others what they want and expect others to do for them." With the Martial Arts Attitude, you interpret the Golden Rule as "understanding other people the way you want to be understood". You get to know people so that you understand that a person's idiosyncrasies are the result of something that happened in their lives. You do not judge why a person acts this way of that way. You accept people as they are, the way you want them to accept you, regardless of your own idiosyncrasies. As a Martial Artist, you are totally aware that the interpretation of the Golden Rule is understanding others and you know that



interpretation is essential to being a good leader. A good leader knows that each person on their team must be treated equally but differently to other individual idiosyncrasies.

2. Practice what you preach

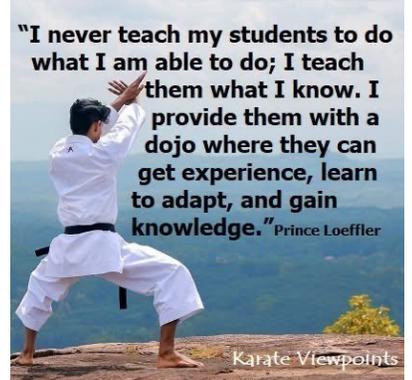
When we were young, we hated it when our parents would say, "Do as I say, Don't do as I do." With maturity, we realize that statement was really a lack of responsibility and a cop-out. Our parents thought they were guiding us in the right direction but, when they did what we were told not to do, we had no direction and that resulted in confusion and sometimes, anger. We would ask ourselves, "Why is it okay for my parents but not for me?" As a Martial Artist, you know that you have to lead by action, not words. Whether in the role of parent, employer or teacher, you should never tell someone not to do something and then do it yourself. Nor would you tell someone to do something you would not do. You set examples for others to follow. You never use your authority to "talk down to", demean or belittle another/ As a Martial Artist, you never let your authority go to your head so that you feel you are above doing what you ask of others.

(Continue on page 2)



QUOTE OF THE MONTH

"I never teach my students to do what I am able to do; I teach them what I know. I provide them with a dojo where they can get experience, learn to adapt, and gain knowledge." Prince Loeffler



INSIDE THIS ISSUE

Five Tips to be a Good Leader	1
Mastering the Inner Parry	3
Belt Recognition & Promotions	4
Ju-Jitsu Essential Gear	5
Master Series Martial Arts Camp	6
Summer Youth Camp	7
O-Soto-Gari	8
Tournament of Blades	9
Bits & Pieces	10

DOJO RULES





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

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
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

Park City Martial Arts, Park City, UT

Jim Kwan, Renshi, 4th Dan
Phone: 952-818-9919
www.parkcitymartialarts.com

Five Tips to be a Good Leader

(Continued from page 1)

3. Never stop learning

The late President, John F. Kennedy, said, Leadership and learning are indispensable to each other." Great leaders are honest about themselves and recognize their own strengths, weaknesses and lack of knowledge. Great leaders admit they don't know everything. Great leaders are eager to learn everything there is to know about their profession. They will buy books, take courses, buy videos, research leadership skills and learn from their peers. They will attend seminars and seek out professional resources and mentors. Great leaders are open-minded to change and recognize and acknowledge that someone else's idea of how to do something may be the best way. With a Martial Arts Attitude, you are fully aware that you know very little compared to what you could know and you will be a "life-time student" because you know that the path of learning is the one you must take if you want to be a great leader.



4. Learn to delegate

No one person can do it all and do it all well. A good leader will recognize the abilities in others and will delegate jobs to persons capable of handling the job. Once a leader delegates a job, that person will be left alone. A good leader will trust the person delegated to make the right decisions. A good leader never interferes with the delegated person's decisions unless requested to give an opinion. As a Martial Artist, you recognize that the ability to delegate is one of the essential characteristics of a good leader. You know that delegation can bring out hidden talents and, when a leader makes an individual feel important and valued, the harder that individual will work toward excellence in personal performance. A Black Belt martial artist will always make people feel as though they are working "with" him/her, not "for" him/her. A good leader will exude the aura of "we/re a team" instead of "I'm the boss". A good leader will never make someone feel they can be easily replaced because a good leader wants to build self-esteem, not destroy it.

5. Recognize others for their accomplishments

Leaders build respect and character in others through recognition. Recognition comes in many forms and help build confidence and support in people you lead. Simple ways to recognize people include, but not limited to, include: saying thank you, giving the person a "high-five" or "fist-bump", certificate of belt and stripe achievement, bowing to the person for their work and participation, sending a note to them about how much they are appreciated, using them as positive examples of leadership, and asking them to lead class or assist in teaching. Recognizing your staff, students or others that support your organization will bring positive results as a leader.

Once you learn to understand the Golden Rule, practice what you preach, realize you will never know everything, learn to delegate and recognize others for their successes, you will be well on your way to becoming an outstanding Martial Artist and leader.

Mastering the Inner Parry and Counter: Precision Self-Defense

The Inner Parry Block (Uchi Ude Uke) is a key block of Jujitsu self-defense. Not just blocking, but actively deflecting or parrying an attack to create an immediate opening for a counter. It demonstrates efficiency of motion and the importance of precise timing. Explanation of the Technique (Panel by Panel):

Panel 1: Inner Parry and Setup for Counter

Phase 1: The defender (left) is shown performing an Inner block or parry (Uchi Uke or a similar deflection) against the attacker's (right) incoming punch. The defender's arm moves inwards to push the attacker's punch away from their body line. Notice the slight forward movement indicated by the arrow, suggesting a simultaneous advance.

Phase 2: Immediately after the parry, the defender is already setting up for a counter-attack. The parrying hand maintains light contact or control, while the other hand prepares to strike. This emphasizes the continuous flow from defense to offense.

Panel 2: Deflection and Eye/Throat Attack Preparation

Phase 1: Similar to Panel 1, the defender deflects the incoming punch with an inside parry, pushing it outwards.

Phase 2: This panel shows the defender's other hand rising towards the attacker's face, specifically targeting vulnerable areas like the eyes or throat. This is a common self-defense strategy to momentarily incapacitate or distract an attacker, allowing for a follow-up or escape.

Panel 3: Body Shot Counter after Evasion/Parry

Phase 1: The defender moves their body off the line of attack (indicated by the circular arrow), perhaps a slight pivot or sidestep, while simultaneously parrying the attacker's punch. This combines evasion with deflection.

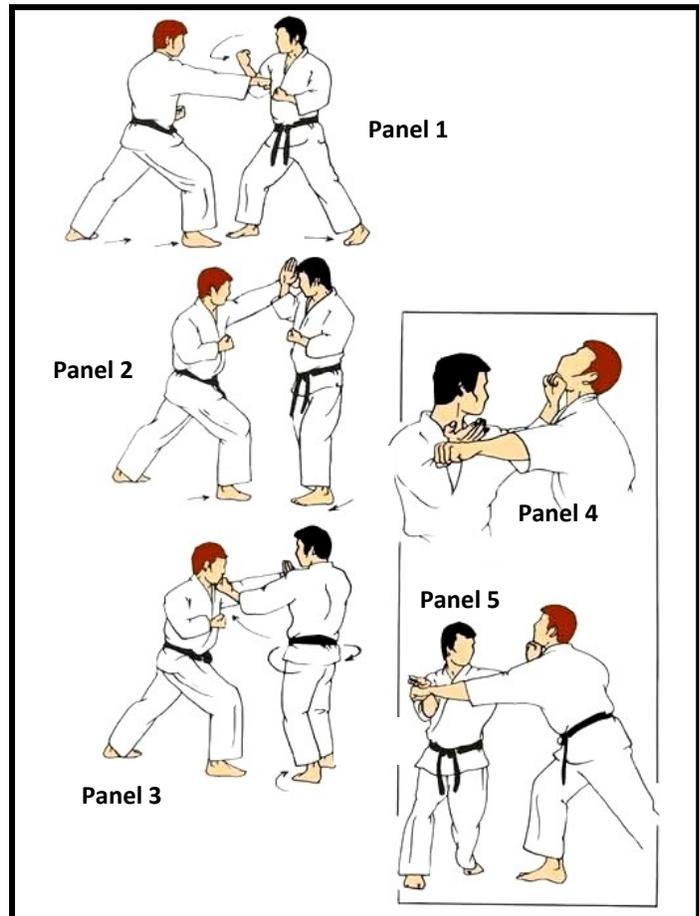
Phase 2: As the attacker's punch is redirected, the defender immediately counters with a powerful punch (likely a Gyaku Zuki or reverse punch) to the attacker's midsection, taking advantage of the exposed body.

Panel 4: Direct Eye/Nose Attack

This panel illustrates a direct, close-quarters counter-attack targeting the attacker's face. The defender is delivering an open-hand strike (palm heel or finger tips) directly to the nose or eyes. This is a highly effective, albeit potentially injurious, self-defense technique for creating immediate pain compliance or a diversion.

Panel 5: Body Check and Hip Control

This panel shows the defender establishing close contact and control. The defender uses their arm to "check" or control the attacker's arm, preventing further strikes, while also getting their body close, likely using their hip to disrupt the attacker's balance or set up a throw or sweep. This is about taking away the attacker's space and power.



(Continue on page 4)

STUDENT PROMOTION & RECOGNITION



STRIPE PROMOTIONS

White Belt:

Shayne Payne, 1st Stripe
Noah Erickson, 1st Stripe
Grace Erickson, 1st Stripe
Averie Wheeler, 1st Stripe
Callaghan Dowling, 1st Stripe

Yellow Belt:

Mason McBrayer, 1st Stripe

Mastering the Inner Parry and Counter

(Continued from page 3)

How to Use It in Self-Defense:

These techniques are incredibly practical for real-world self-defense situations:

- **"Meet the Attack":** Instead of just backing away, these techniques teach you to meet the attack with a parry or deflection, controlling the attacker's limb and immediately creating an opportunity for your own strike.
- **Creating Openings:** By redirecting the attacker's force, you disrupt their balance and posture, leaving them vulnerable to a counter. The parry acts as a setup for your own offense.
- **Exploiting Vulnerabilities:** Targeting sensitive areas like the eyes, nose, or throat can quickly deter an attacker, giving you time to escape.
- **Close-Quarters Effectiveness:** Many real-life confrontations happen at close range. These techniques are designed for close-quarters engagement, allowing you to control the attacker's limbs and body.
- **Economy of Motion:** The simultaneous parry and counter is a hallmark of efficient self-defense. There's no wasted time or movement between defense and offense.
- **Adaptability:** While shown against punches, the principles of parrying and countering can be adapted to various types of attacks, including grabs or shoves.

Important Considerations:

- **Distance Management:** Understanding how to control the distance between you and the attacker is key to successfully applying these techniques.
- **Balance and Stance:** A strong, stable stance is crucial for delivering powerful counters and absorbing or redirecting impact.
- **Follow-Through:** Don't stop at the first counter. Be prepared to deliver multiple strikes or transition to another technique if the threat persists.
- **Training with Control:** Practicing these techniques with a trained partner, focusing on control and safety, is essential before attempting them in a real situation.



HAPPY BIRTHDAY!

July:

- 7/5 Keian Ladd
- 7/7 Shayne Payne
- 7/9 Kodi Ladd
- 7/20 Mutch Usera
- 7/23 Ellie Wheeler
- 7/29 Kenny Sedlacek

August:

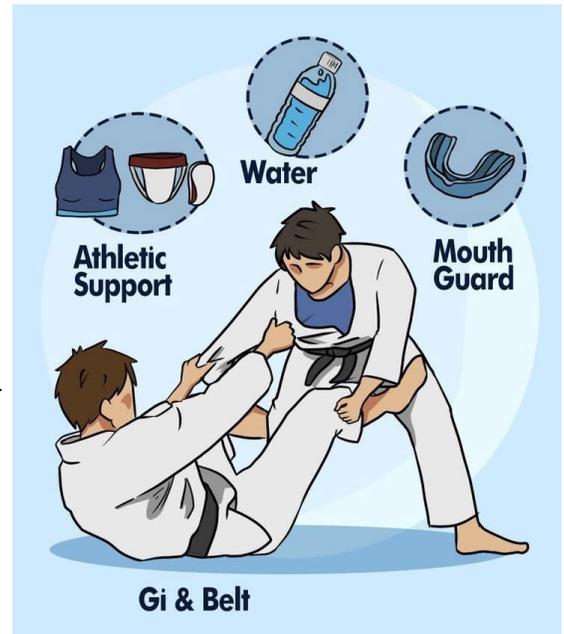
- 8/1 Michael Hill
- 8/14 Olivia Cherry
- 8/16 Noah Usera
- 8/23 Dylan Martin
- 8/23 Karisa Bellipanni
- 8/26 Khai-Lia Junk
- 8/26 Rick Alderson

September:

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

Ju-Jitsu Essentials: *What every practitioner must have for training at the Dojo*

Gi & Belt: The Gi is your armor in Ju-Jitsu. It's used not just for covering but also for executing and defending against chokes, grips, and controls. Your belt represents your knowledge and skills in Ju-Jitsu. Always keep your Gi clean, properly fitted, and your belt secure.



Mouth Guard: Protecting your teeth and jaw is critical, especially in intense sparring, grappling and technique scenarios. A properly fitted mouth guard absorbs shock and minimizes the risk of injury from strikes, accidental headbutts, or unexpected falls. Always wear one during sparring, rolling or live drills. If you need a special fitted mouthguard, please see your family physician or orthodontic for details.

Athletic Support: Both men and women should wear athletic supports. Compression wear helps with hygiene, skin protection, and injury prevention. A groin protector adds a critical layer of safety during sparring, takedowns, grappling and training with a partner.

Water: Hydration is performance. Whether you're drilling, sparring, or defending yourself in a real-life confrontation, staying hydrated boosts endurance, reaction time, and clarity. Bring enough water to stay energized and focused throughout your session.

Why These Essentials Matter in Self-Defense:

- Your Gi teaches you how to grip, control, and submit using clothing—mirroring real-world clothing like jackets or shirts.
- Mouth guards prevent serious dental injury during physical altercations.
- Athletic gear keeps you comfortable, protected, and ready for dynamic movement.
- Water is your endurance weapon—dehydration can lead to sluggish reactions, especially when adrenaline hits.

Preparation builds discipline, and discipline is your greatest self-defense tool. Take the time and funds to purchase these key items when training at the Dojo. To learn more about what's best for safety gear, contact your head Sensei.

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**



Hanshi Usera Presents

2025 YOUTH JUJITSU SUMMER TRAINING CAMP

**BLACK HILLS BUJIN KI RYU JUJITSU DOJO
UPTOWN RAPID MALL, RAPID CITY**



Date: Friday, July 18, 2025

Time: 1:00 pm to 5:00 pm

Location: Black Hills Bujin Ki Ryu Jujitsu Dojo

Cost: FREE to all student members & invited guests

Who should attend?

Hanshi Usera invites all students to join us for a fun Jujitsu Training Camp for youth & teen Jujitsu students. This camp will focus on a variety of training, games and a movie!

Bring-A-Buddy!

If you have a family member or friend you want to join us for Camp, please be sure their parents sign a Jujitsu Training Waiver for this special day. Your buddy must be at least 7 years of age.

What to bring for Camp?

Please wear your Jujitsu uniform (GI). Also, bring your favorite board or card game to share with others; bottle water and non-messy snacks for the break will be provided. We will not serve lunch, so please eat lunch before you attend Camp.



For more information contact: Hanshi Usera

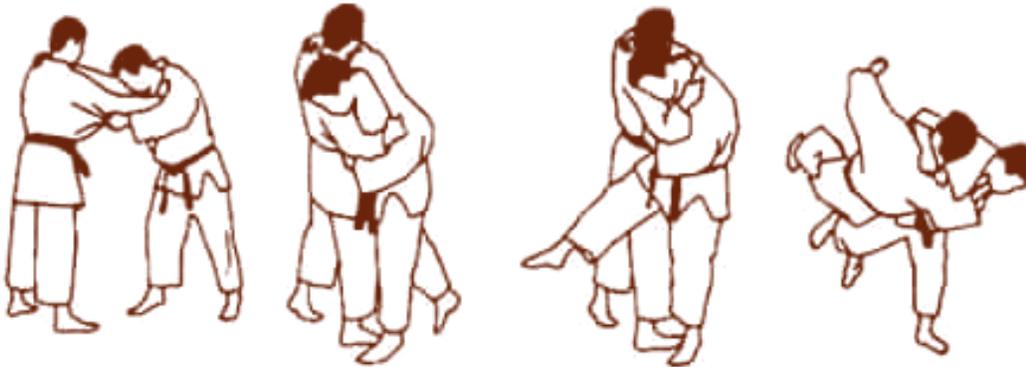
YES! I plan to attend and also bring a buddy or family member.

Student(s) Name: _____

Buddy or family member name: _____ Age: _____

Yes, I plan to donate snack or beverages for the Camp. Type of donation: _____

Parent or guardian name: _____ Phone: _____



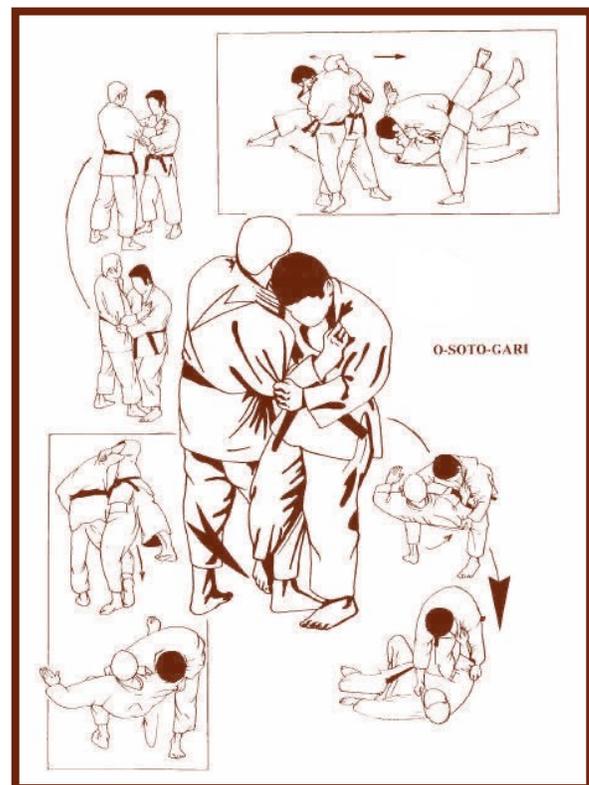
O-Soto-Gari: The Major Outer Reap That Dominates in Ju-Jitsu

O-Soto-Gari is one of the most effective and classical Judo and Ju-Jitsu throws, widely used in both martial arts competitions and real-life self-defense situations. This technique is known as the "**Major Outer Reap**", and it capitalizes on unbalancing your opponent and taking them down forcefully using your leg as a sweeping tool.

The concept behind O-Soto-Gari is to break the opponent's balance backward and to the side and then use a powerful reaping motion of your leg to sweep their leg out from under them. It's a clean, direct takedown that's easy to apply with precision, even under pressure.

Step-by-step explanation of the technique:

- 1. Grip Control** – Begin with a strong grip: your lead hand grips the opponent's lapel near the collar, and your other hand controls their sleeve or upper arm. This gives you maximum control over their upper body.
- 2. Off-Balancing (Kuzushi)** – Pull your opponent forward and slightly to the side with your arms, while stepping in and placing your weight onto your lead leg. This disrupts their balance, making them vulnerable to the throw.
- 3. Entry (Tsukuri)** – Step your rear leg close to your opponent's foot, bringing your body perpendicular to theirs. Your chest should be close to their chest, ensuring tight contact for better leverage.
- 4. Execution (Kake)** – Swing your rear leg in a wide arc and reap their leg (the one closest to you) from behind, just below the knee or thigh. At the same time, push forward with your hands and upper body to guide them down.
- 5. Follow Through** – Drive through with the reap and maintain balance so that you can stay standing as your opponent falls flat on their back.



Self-defense application: In a real confrontation, O-Soto-Gari can be used to take down an aggressor swiftly and decisively. If someone grabs or charges you, stepping off-line and using this throw can instantly neutralize the threat and put you in a dominant position. The forceful fall can disorient or incapacitate the attacker without requiring punches or kicks, making it effective yet controlled.

The 1st Annual Sioux Falls Tournament of Blades Set on July 19

By Joe Herreman, Kyoshi, Dynamic Martial Arts of Sioux Falls

The countdown is on—the first-ever Sioux Falls Tournament of Blades is almost here, and divisions are starting to fill up! Interest from outside schools is picking up fast, and we want to make sure our own students show up strong and take the spotlight in every ring. If you've been thinking about signing up, don't wait—once a division hits capacity (32 competitors), it's closed.

The Tournament of Blades is a full-day event hosted right here at DMA. It brings together martial artists of all styles who train with edged weapons—from longsword to katana, épée to padded fencing. Whether you're brand new to competition or experienced, there's a division for you. We're breaking competitors into brackets based on both age and experience level to make sure every match-up is as fair and fun as possible. Whether you're brand new to competition or have been fencing for years, you'll be facing others with similar skill sets. No one is getting thrown to the wolves, but the more competitors we have the easier it will be to make fair divisions especially for our beginners. This is the perfect chance to try something new in a supportive, structured environment. Our goal is to create a high-energy, respectful, and welcoming tournament for everyone.

Here's what you need to know:

- **Date:** Saturday, July 19
- **Location:** DMA of Sioux Falls – 1516 S. Sycamore Ave
- **Registration Deadline:** Wednesday, July 16 at 5:30 PM
- **Register at:** www.tourneyofblades.com

Registration Fee (through July 5):

\$20 competitor fee + \$20 per event

After July 5, it increases to \$30 + \$30 per event

Spectator passes available at the door – \$5 per person / \$20 per family but are limited to immediate family of competitors and coaches. We don't have room for a lot of spectators at this event.



Here's a closer look at the divisions:

- **HEMA – Longsword:** We have both synthetic and boffer divisions for this so even if you lack armor you will still be able to fight. (Note if you ordered gear and it is not here yet, sign up for synthetics and we will move you if it hasn't come in by day of the event.)
- **Épée:** We will use the electronic scoring for this division. Coach Jesse has blades for we will loan you for this if you do not own one.
- **Kendo:** You need a shinai and armor for this division. We have some loaner sets as you know, so talk to Sensei Jesse if you need to borrow one.
- **Padded Fencing:** Great for beginners and youth. This is our most accessible fighting division—minimal gear required, and ideal for students looking to try competition for the first time.

Open Blades Forms (Kata/Patterns): Perform any edged weapon form from your style—longsword, katana, sabre, staff with blade, or any traditional form you've learned. Judged on precision, presentation, and control. Every fighting division is set to be double elimination so we can get you as many bouts as possible. Also, if there is time, we will add a free division of sword and buckler for anyone that wants to try it!

Need gear? No problem!

If you're one of our students and don't have the required equipment for your division, we'll loan you what you need. Just let us know what you're missing so we can set it aside for you. This is shaping up to be an incredible day of martial arts—don't miss your chance to be part of the inaugural Tournament of Blades. Let's make a strong showing for DMA and SFSA and have some fun doing it. If you have questions or need help choosing a



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 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 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.

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.

\$ 7.99 per Month

Count to 10 in Japanese

- 一 **Ichi**
- 二 **Ni**
- 三 **San**
- 四 **Shi**
- 五 **Go**
- 六 **Roku**
- 七 **Shichi**
- 八 **Hachi**
- 九 **Kyuu**
- 十 **Juu**

PROUD MEMBER OF:



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