



# THE DOJO CONNECTION

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



## Self Defense: A key objective in studying Jujitsu

By Mutch Usera, Hanshi

When training in Jujitsu, you may begin your training with the mindset of learning a traditional form of martial art with a curriculum that support your belt advancement along the journey. However, after a few months of training, most will realize that the true result of learning Jujitsu is in the physical or self defense of training. This is truly the test of an effective martial art and in the person practicing such skills.

A self defense mindset in training has a unique approach which allows you to take your basic skills and apply them in a real life setting that may save your life. It is the self defense application that truly creates a stronger person—mentally and physically.

Physical readiness is the way to begin your self defense training. Whatever your age, size or fitness level, you can successfully use some simple moves to defend yourself. The keys to physical resistance may include:

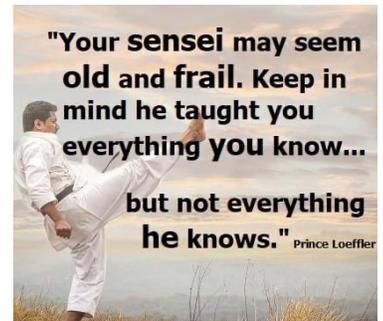


- Know your environment** - When traveling or attending an event, always learn the area you are entering by assessing the room and area (inside or out). Look for lighted areas and always avoid traveling alone in dark in areas that look far from safe or there are no safe facilities that you may be able to enter. If your mind or “gut” says *“this does not feel right”*—then don’t enter the area or attend that event.
- Learn the tactics** - Access the situation. Take a breath, remember the vulnerable (primary) target areas and focus on the parts of your body that are free to strike with. Get in a fighting or defense position. Movement is more efficient when it comes from balance, and any force—a kick or strike—is enhanced by a rotation. To get into the stance or position, step back with your dominant foot—the right if you’re right-handed, the left if you’re left handed—rotate your shoulders and bring back the dominant hand, using the other hand as a block. Your weapons are your hands, feet, voice, teeth and any item you may be holding that is firm enough to use as a weapon.
- Practice** - The way to make these moves instinctive is to practice them, both physically and through visualization. Find a friend or student to practice types of attacks that may be a threat to you. Practice yelling as your voice is a great way to scare off attackers and also distract them when defending yourself.

- Get stronger and faster** - Self defense techniques are meant to be followed up by escaping the attacker—running! You can improve both endurance and speed with

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## QUOTE OF THE MONTH



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### **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, and president of ISKKF, OHKA, and ISJF  
Phone: 518-567-7382  
[alexeyama@mindspring.com](mailto:alexeyama@mindspring.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  
[jherreman@dmaofsiouxfalls.org](mailto: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](mailto:nhbkrjujitsu@outlook.com)

## **Self Defense: A key objective in studying Jujitsu**

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long distance running or simply jogging to build that endurance of escaping for a long distance—if necessary. When striking or kicking during class session, practice hitting bags and mitts with speed and power. Develop the ability to strike with as much force as possible.

- **Train at the Dojo** - When training in Jujitsu in class, practice with a self defense mindset, not just trying to attain a belt based on curriculum. Use the training as a survival session and well as a martial arts session. You have the best trainers at class along with students who want you to succeed in learning self defense.

- **No rules in self defense** - One of the most challenging aspects of using fighting methods to protect yourself is to remember that there are no rules in fighting back. Everything counts and the harder you strike the better you may have a chance to escape. This is much different than a typical martial arts class where most everything has to be performed with control to ensure safety for you and your partner. So when you are practicing without a partner think of every possible way to defend yourself and ways to avoid being attacked. This will be a great start in becoming an effective martial artist.



### **Self defense workshops available at Dojo**

If you know individuals, company or an organization that would like to learn basic self defense skills, simply contact Hanshi Usera at 605-863-2378 or email him at [jmu8dan@gmail.com](mailto:jmu8dan@gmail.com). Hanshi Usera offer group self defense sessions for groups of 10 or more (13 years and older) at a day and time that fits your group schedule. Coed sessions are also offered. The 2-hour session include tips on being safe around your environment, at work and home. You will then learn physical defense tactics and skills that are simple and don't require much fitness expectations.



# STUDENT PROMOTION & RECOGNITION



## WELCOME NEW MEMBERS!

Joyce Thompson, Youth Class  
Dancing Big Eagle, Adult Class  
Eyohila Big Eagle, Adult Class  
John McCraw, Adult Class

## BELT PROMOTIONS

### Yellow Belt:

Tayla Bender, Adult Class  
Chris Johnson, Adult Class  
Josiah Wiitala, Adult Class

## STRIPE PROMOTIONS

### White Belt:

Aubrey Mangubet, 1st Stripe

### Green Belt:

Dreagan Smith, 2nd Stripe  
Zach Lampsey, 2nd Stripe



ABOVE: Black Hills Bujin Ki Ryu Jujitsu Dojo is now a member of the United States Ju-Jitsu Federation. For more information about the USJJF, please contact Hanshi Usera or go on line to [www.USJJF.org](http://www.USJJF.org)



Students spent time training with their buddy on April 16 during Bring-A-Buddy Day. We plan to schedule Bring-A-Buddy day events throughout the summer season.



## Let's recognize you for your 2024-2025 awards and achievements!

As we move to the end of the 2025 school year, we would like to recognize you for your accomplishments through our Dojo monthly newsletter for June. If you are a student that is being recognized for sports, music, arts and academic achievement or graduating from high school or college, we want to hear from you! Please send us a photo of you along with a brief write up on what recognition you received. Send me your information by email at: [jmu8dan@gmail.com](mailto:jmu8dan@gmail.com) or simply drop of your information at the Dojo. A photo of you receiving your award or your school year photo is much appreciated. Please send information to me by the end of May, 2025.



**HAPPY  
BIRTHDAY!**

**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

**July:**

- 7/20 Mutch Usera
- 7/23 Ellie Wheeler
- 7/29 Kenny Sedlacek

# Basic Principles Underlying Striking (Atemi) Techniques

*Source: United States Ju-Jitsu Federation*

Tsuki or also called Zuki, (punching), Uchi (striking), Geri or also called Keri (kicking), and Uke (locking), are the fundamental karate techniques. They are at once the beginning and the final goal of karate. Students can easily learn to perform these basic movements in little more than two months, but perfection in their performance may be impossible. Therefore, students must practice regularly and employ maximum concentration and effort in the performance of each movement. However, practice will not achieve its object if it is undertaken incorrectly. Unless students learn techniques on a scientific basis, under an instructor employing a systematic and properly scheduled training system, their efforts will be in vain. Karate training can be considered scientific only when it is conducted on the basis of correct physical and physiological principles.



Surprisingly, an examination of the karate techniques which our predecessors created and refined through continuous study and practice reveals that these techniques accord with modern scientific principles. However, further refinement is always possible. We must try to analyze our techniques in an unceasing effort to improve. The following points are of primary importance in the study of karate.

## Form, Balance and Center of Gravity

Karate is not the only sport that concentrates on the optimum utilization of the human body or embraces principles taught in physics and physiology. All the martial arts and most other sports depend on correct form for the effectiveness of their techniques. In baseball, good batting form is necessary to attain a high batting average. A fencer spends years perfecting movements which, to the layman, look easy. Such practice results in body movement, or form, which is physically and physiologically correct. Correct form is especially important in karate. All parts of the body must harmonize to provide the stability necessary to sustain the shock of delivering a kick or punch.

The karate student must often stand on one foot to attack or defend. Thus, balance is of prime importance. If the feet are placed far apart, with a consequent lowering of the center of gravity, a kick or punch will be stronger. However, it is easier to

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## Basic Principles Underlying Striking (Atemi) Techniques

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move if the center of gravity is somewhat higher and the feet closer together rather than spread to the maximum possible extent. Therefore, although stability is important, there is a point beyond which it is not worth going. If the student is overly concerned with stability, he will lose elasticity. If he bends his knees too much to maintain balance, his kick will not be effective. Thus, the position of the body and, consequently, the center of gravity, depends upon the circumstances.

The center of gravity is always shifting. Sometimes body weight is evenly distributed between both feet, and sometimes there is more on one foot than on the other. When performing yoko-geri (side kick), the weight is completely shifted to one foot. In this case, the student must stand firmly on one leg, otherwise the shock of delivering the kick will upset his balance.

However, if he stand on one foot for too long, his opponent can easily attack. Therefore, his balance must be shifted constantly from one foot to the other. His center of gravity must shift quickly from right to left and back again to avoid giving the opponent an opportunity to attack. At the same time, the student must constantly look for an opening in his opponent's defense.

### Power and Speed

The possession of muscular strength alone will not enable one to excel in the martial arts or, for that matter, in any sport. The effective use of strength is important. The application of power to any movement depends on a number of factors. One of the most important of these is speed.

The basic punching and kicking techniques of karate achieve their power by the concentration of maximum force at the moment of impact. This concentration of force depends greatly upon the speed will result in increased power. The punch of an advanced karateka can travel at a speed of 43 feet per second, and generate power to destroy equal to 1,500 pounds.



Speed is an important element in the application of power, but speed cannot achieve its greatest affect without good control. The kind of movement needed in fundamental karate techniques is not one which will move a heavy object slowly, but one which will move a light object with maximum speed. Thus, the strong but slow exercise of power necessary to lift a barbell is not as effective in karate as the power developed by hitting the punching board (makiwara) with great speed.

Another principle to remember is that greater speed can be generated if power travels a longer route to its target. For example, in kicking, the knee of the kicking leg should be bent as much as possible and the body so placed in relation to the target that the leg will be fully stretched at the moment o impact. The longer the course the leg travels to the target, the stronger the kick will be.

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## Basic Principles Striking (Atemi) Techniques

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In order to increase power and speed, it is necessary to practice responding to sudden and unrehearsed attacks. Such practice, together with an understanding and application of the dynamics of movement, will help shorten reaction time.

### Concentration of Power

A punch or kick will be weak if applied with the arm or leg alone. To achieve maximum power it is necessary to use the strength of all parts of the body simultaneously. When punching or kicking, power moves from the center of the body, the major muscles, to the extremities, ending in the hand or foot. This power moves from one part of the body to the



next at a speed of 1/100 of a second. The whole movement from beginning to end takes only .15 to .18 of a second if the momentum possible in this action is correctly exploited.

Training should be conducted so that all available strength is focused in the foot when kicking or in the hand when punching.

It is important that the various muscles and tendons are kept loose and relaxed to permit instant response to changing circumstances. If the muscles are already tense, they cannot be further tensed at the moment of focus.

Power concentrated at the time of focus must be instantly released to prepare for the succeeding action. Constant training in alternately tensing and relaxing the body is very important to acquire proficiency in the application of karate techniques.

### Role of Muscular Power

Power to the body is supplied by the muscles. Well-trained, powerful, and elastic muscles are mandatory in karate. Even if the student is well-versed in karate theory and knows the principles of the dynamics of movement, his technique will be weak if his muscles are not strong enough. Therefore, constant training is necessary to strengthen the muscles of the body.

If karate training is to be conducted scientifically, it is also necessary to know which muscles are employed in the execution of a particular technique. When practicing a new technique, students sometimes use unnecessary muscles or muscles which actually hinder the performance of the technique. Therefore, beginners must carefully follow the advice of their teachers. When the proper muscles operate fully and harmoniously, the technique will be strong and effective. On the other hand, if unnecessary muscles operate there will result, at the very least, a loss of energy, and at worst an ineffective technique.

Finally, the speed of muscular contraction is important, because the faster a muscle is tensed the greater will be the power produced.

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# Upcoming Events

## Dojo Closed:

Friday, April 25  
Monday, May 26

## Sioux Fall Open:

Saturday, April 26  
Sioux Falls  
Convention Center

## Black Belt Club

### Session:

Monday, May 26  
5:00 pm to 7:00 pm

# 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:

Rules and Registration available online at [siouxfallsoopen.com](http://siouxfallsoopen.com)

## HANSHI GEORGE ALEXANDER'S 2025 MARTIAL ARTS SEMINAR



### TRAINING INCLUDE:

- OKINAWA SHORIN RYU KARATE
- SHORINJI RYU JIJITSU
- KAMAGATA RYU KENJITSU
- HAKUTSURU KENPO
- KOBUDO
- IAIDO
- KENDO



**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](http://WWW.WORLDBUDOKAN.COM)**  
**CALL: 518-567-7382**

## 2025 SOUTH DAKOTA OPEN MARTIAL ARTS CHAMPIONSHIP SATURDAY MAY 10<sup>TH</sup>

WHITE, SD

### Location

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

### Registration

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



### Divisions

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

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](mailto:whitekarateclub@gmail.com)

or call 650-651-6294

## Basic Principles Striking (Atemi) Techniques

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### Rhythm

An essential element in the performance of techniques in the martial arts and other sports is rhythm. The proper execution of a series of movement in any sports is impossible without rhythm. Also, the rhythm evident in the movements of athletes is more complicated than, and cannot be expressed in terms of, musical rhythm. It is essential for the karate student to learn correct rhythm in both the basic techniques and in the more advanced sparring (kumite). Rhythm is especially necessary in the performance of formal exercise (kata). We have been taught since early times that the three most important elements in kata performance are the application of strength at the correct time, the control of speed in techniques and from technique to technique, and the smooth transition of the body from one technique to the next. These requirements cannot be fulfilled without rhythm. The kata performance of the person advanced in karate is powerful, rhythmical, and consequently, beautiful.

### Timing

Correct timing is of utmost importance in applying techniques. If timing is faulty, the technique will fail. A kick or punch which is directed at the target either too early or too late is often fruitless. The start of a technique is of first importance in any consideration of timing. To start their particular movements more effectively, baseball players and golfers condition their swings with practice swings. However, there is not opportunity for anything like a practice swing in karate, where the outcome can be decided in an instant. A failure in timing could be disastrous.

The attack in karate must be launched with the hands and feet in the usual position of readiness or defense. Obviously, the hands and feet must always be positioned so that techniques can be easily and quickly applied. Immediately after the application of a technique, they must be returned to their former position, ready for the following movement. Moreover, during the course of these movements the body must be kept relaxed, but alert, with the muscles full of energy and ready for any eventuality.



### Lower Abdomen and Hips

Coaches of modern sports constantly stress the role of the hips in furnishing maximum power to any movement. For example, they say, "Hit with your hips," or "Throw with your hips," or "Get your hips into it."

In Japan the importance of the tanden has been taught from early times. Teachers of the martial arts, and those of other arts and disciplines, have constantly emphasized the importance of the tanden in achieving competence. This region was emphasized because it was felt that here was centered the human spirit, and that this area provided the basis of power and balance. The tanden actually is that area behind the navel, in the center of the body. When standing erect, the body's center of gravity is located here. If the stance is correct in karate, the center of gravity will be found in the tanden. A correct stance will enable the student to maintain the balance of both the upper and lower parts of his body, resulting in harmonious interplay of the muscles and a minimum loss of energy.

If the power concentrated in the tanden is brought into play in executing karate techniques, the pelvic and hip bones will be firmly supported by the thighs, and the trunk by the spine. This interlocking will produce strong techniques. The center of the body, i.e., the lower abdominal area and the hips, plays a great part in our various movements. Therefore, try to punch with the hips, kick with the hips, and block with the hips.

## INSTRUCTOR PROFILE: Mason Price, Sensei, 3rd Dan



Mason Price, 23, is a 3rd degree Black Belt and has been training in Jujitsu for ten years at Black Hills Bujin Ki Ryu Jujitsu dojo. "I study martial arts to learn how to defend myself and train a lifelong hobby", said Mason. "Specifically at Black Hills Bujin Ki Ryu Jujitsu dojo, my dad and I wanted to find an activity that we could do together that was physically and mentally challenging and we found it here".

Mason is a graduate from Western Dakota Tech College and today is a trim carpenter at Howie Construction Company. His family consists of his mom who sells meat processing equipment to butcher shops. His dad, Sensei Cory, who is an IT manager at Security First Bank; his sister who is a nurse practitioner at Rapid City Medical Center Pain Clinic.

Becoming a black belt for Mason was just the beginning of truly understanding everything that's been taught to him and that he now teaches to the students. "I love everything about Jujitsu from training highly effective techniques to my fellow students," said Mason. "I truly believe you found yourself in a community especially in a martial art to grow with fellow like minded individuals".

Mason started competing in tournaments as a blue belt where he competed in point sparring and grappling at several tournaments in South Dakota. "What I like about tournaments is it's a true test of one's skill as a martial artist," said Mason. He and Sensei Cory have also trained in Blade Concepts which is tactical knife defense and control which he and Sensei Cory teaches to our adult students periodically.



"We are very please to have Sensei Mason at our Dojo as he is one of our young Black Belt instructors and a mentor for our young students training at the Dojo," said Hanshi Usera.

## MARTIAL ARTS HISTORY: Daito-ryu Aiki Jujutsu



Daitō-ryū Aiki-jūjutsu (大東流 合気柔術), originally called Daitō-ryū Jujutsu (大東流柔術, Daitō-ryū Jūjutsu), is a Japanese martial art that first became widely known in the early 20th century under the headmastership of Takeda Sōkaku. Takeda had extensive training in several martial arts (including Kashima Shinden Jikishinkage-ryū and Sumo) and referred to the style he taught as "Daitō-ryū" (literally, "Great Eastern School"). Although the school's traditions claim to extend back centuries in Japanese history there are no known extant records regarding the ryū before Takeda. Whether Takeda is regarded as either the restorer or the founder of the art, the known history of Daitō-ryū begins with him. Takeda's best-known student was Morihei Ueshiba, the founder of Aikido.

# PHOTO GALLERY:

## Coed Self-Defense Seminar held for BHE Employee Group



On April 11th, Hanshi Usera opportunity conducted a coed self-defense seminar for a coed employee group from Black Hills Energy. The 2-hour seminar included a small presentation about tips to stay safe around indoor and outdoor environment. We then began the self defense training with learning about primary and secondary targets, standup-strikes and kicks; escapes from grabs and ground defense techniques. Thank you to Sensei Cory Price, Sensei Mason Price, Noah Usera, Jon Usera and Nick D'Alessandro for assisting in the training. Also, special thanks to Rob Usera for coordinating the seminar for Black Hills Energy.



For more information about our Self-Defense Workshops, contact Mutch Usera, Hanshi.

## Black Belt Club Training Session Develops Future Leaders

Becoming a Black Belt is more than just learning and performing techniques from the belt requirements. A Black Belt must also be able to become a leader, instructor and mentor for students and fellow Black Belt members. Black Belt Club is a program that allows students to grow and transition into those qualities. The Black Belt Club is an “invitation only club” conducted by Hanshi Usera and designed for advanced—Purple, Brown and Black Belt youth, teen, and adult students—that have been dedicated to training, instructing, and supporting to our Rapid City and Belle Fourche dojos. During the training session students learn skills in advanced techniques, leadership skills, communication skills, various martial arts techniques and combative training skills. April 18 Black Belt Club covered skills in proper warm-up and stretching drills to improve in cardio and flexibility. BBC sessions are scheduled on a monthly basis. For more information about Black Belt Club, please contact Hanshi Usera or Sensei Eileen Miller.



## Jim Kwan receives 4th Dan from International Shorinji Ryu Jujitsu Federation

Jim Kwan was awarded his 4th Dan in Shorinji Ryu Jujitsu during the Black Belt Session held April 18. He also received his 4th Dan certificate from the United States Ju-Jitsu Federation recognizing him in Shorinji Ryu Jujitsu. He received his 4th Dan and title as Renshi (Low Master) in Bujin Ki Ryu Jujitsu in October 2024. Kwan trained in Jujitsu since early 1970's along with Hanshi Usera at the Rapid City YMCA. During that time at the YMCA they both received their Shodan from Sensei Al Salazar (RIP). Today, Kwan trains in Gung-Fu and Jeet Kune Do where he resides in Park City, Utah. Jim visits and trains at our dojo periodically as one of his brothers lives in Rapid City.





## 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](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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### PROUD MEMBER OF:



### 6 Effective Ways TO STUDY BETTER

- 1 EFFECTIVE PLANNING**  
Create a study schedule that breaks down your tasks into manageable sessions, ensuring a balance between subjects and topics.
- 2 ACTIVE LEARNING**  
Engage actively with the material through methods like summarizing information, teaching concepts to others, and participating in discussions.
- 3 VARIED STUDY METHODS**  
Utilize different study techniques, such as reading, note-taking, flashcards, and practice questions, to reinforce learning through various approaches.
- 4 HEALTHY ENVIRONMENT**  
Choose a comfortable and well-lit study environment, minimizing distractions to enhance focus and concentration.
- 5 REGULAR BREAKS**  
Take short breaks during study sessions to prevent mental fatigue and maintain overall productivity.
- 6 SELF-ASSESSMENT**  
Regularly evaluate your understanding of the material through self-assessment tools, quizzes, or practice exams to identify areas that need further review.

Plus Point Academy

## Black Hills

### Bujin Ki Ryu Jujitsu Honbu Dojo

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