



THE DOJO CONNECTION

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



2025 Master Series Martial Arts Camp Offered Three Days of Training

October is the time of the year where dojos from several states gathered for three days of martial arts training and networking. The Master Series Martial Arts Camp is directed by Mutch and Char Usera with the goal of bringing students together while learning a variety of arts and skills that are not normally offered during regular training classes. Together, master instructors from several dojos offer over 200 years of training experience while spending time with students, parents and family members who support our organization.

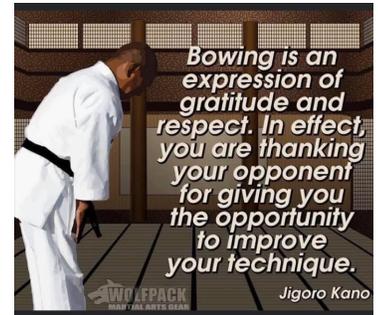
Camp sessions and instructors who lead in the training included:

- **Mutch Usera, Hanshi, 10th Dan** - Taiho Jujitsu, Shorinji Ryu Jujitsu Rensoku Waza , Jujitsu Nage Waza, and Shorin Ryu Karate Kata
- **Allen Horner, Shihan, 8th Dan** - Chinese Kenpo Kata, Kobudo, Chines Kenpo Defense Application, and Point Sparring for Competition
- **Joe Hereman, Kyoshi, 6th Dan** - Competition Grappling, Soft Blade Competition, and Kamagata Ryu KenJutsu
- **Vern Haas, Kyoshi, 6th Dan** - Basic Wristlock Techniques and Bujin Ki Ryu Jujitsu (Purple) Rensoku Waza
- **Eileen Miller, Renshi, 4th Dan** - Basic Nage Waza, and Bujin Ki Ryu Jujitsu (Green) Rensoku Waza
- **James Kwan, Renshi, 4th Dan** - Jeet Kune Do



Scholarships for attending Camp were given to students with financial challenges. These scholarship are made possible through the generosity of the following individuals: James Kwan, Cory Price, Mason Price, Lucas and Lindsey Wheeler, Rob and Nichole Usera, Jarrett Breuninger

QUOTE OF THE MONTH



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DOJO CLOSED DURING HOLIDAYS:

OCT 31

Halloween

NOV 26 & NOV 28

Thanksgiving Weekend

DEC 24 & DEC 26

Christmas Weekend

DEC 31

News Years Eve



(Continued on page 2)



**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
worldbudokan.com

Minnetonka Martial Arts, Minnetonka, MN

Allen Horner, Shihan, 8th Dan
minnetonkamma.com

Dynamic Martial Arts of Sioux Falls, Sioux Falls, SD

Joe Herreman, Kyoshi, 6th Dan
dmaofsiouxfalls.org

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

Eileen Miller, Renshi, 4th Dan
nhbkrjujitsu@outlook.com

Park City Martial Arts, Park City, UT

Jim Kwan, Renshi, 4th Dan
parkcitymartialarts.com

Summit Martial Arts Academy, Delaware, OH

Charles Reidmiller, Kyoshi, 7th Dan
summitmartialartsacademy.com

PHOTO GALLERY:

2025 Master Series Martial Arts Camp

(Continued from page 1)

Tanner White, Ezra Colona-Welper, Joe Doherty and Lorry Heiser. One of the highlights of the Camp are the many students receiving their next belt and rank promotion in front of the attendees and Black belt instructors. We congratulate all of those that were recognized and awarded their next belt rank.

Special thanks to our business sponsor who helped keep our expenses low in order to offer the Camp at a affordable price for all to enjoy. Sponsors included: Uptown Rapid Mall, LIV Hospitality, LaQinta Inn & Suites, SERVALL Towel & Linnen, ImageALL Apparel Design and Security First Bank.



Halloween Safety Tips

Halloween is coming soon! Here are a few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

Flame Resistant Costumes: When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes . Mother' s high heels are not a good idea for safe walking.
- Hats and scarfs should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breaking or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.



Pedestrian Safety: Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

Choosing Safe Houses: Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

BELT PROMOTIONS

Yellow Belt:

Averie Wheeler, Youth Class
Grace Erickson, Youth Class
Noah Erickson, Youth Class
Amelia Cherry, Youth Class
Olivia Cherry, Youth Class
Callaghan, Youth Class

Orange Belt:

Tatum Mitchell, Youth Class
Mason McBrayer, Youth Class
Brayden Sedlacek, Youth Class
Chris Jonson, Adult Class
Tayla Bender, Adult Class
Rick Alderson, Adult Class

Blue Belt:

Ellie Wheeler, Youth Class
Jozlyn Watson, Youth Class
Kenny Sedlacek, Youth Class
Keian Ladd, Adult Class
Alex Gomez, Adult Class
Matthew Sedlacek, Adult Class

Purple Belt:

Lucas Wheeler, Adult Class
Robert Usera, Adult Class
Nick D'Alessandro, Adult Class

Brown Belt - NIKYU:

Dylan Martin, Adult Class

Black Belt - SHODAN:

Jackson Weiler, Bujin Ki Ryu Jujitsu
Jonathan Usera, Shorinji Ryu Jujitsu
Noah Usera, Shorinji Ryu Jujitsu

STRIPE PROMOTIONS

White Belt:

A.J. Garcia, 3rd Stripe
Hayleigh Myers, 3rd Stripe
Ally Myers, 2nd Stripe
Nickolas, 1st Stripe

Yellow Belt:

Kodi Ladd, 2nd Stripe

Green Belt:

Khai-Lia Junk, 1st Stripe

Blue Belt:

Draegan Smith, 2nd Stripe

Purple Belt:

Karisa Bellipanni, 3rd Stripe

DOJO PROMOTION & RECOGNITION



**ACADEMIC
ACHIEVEMENT
AWARD
Jace Watson**

Welcome to International Shorinji Ryu Jujitsu Federation



Dylan Martin and Adreanna Patton

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 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. To enroll as a member of the ISJF, contact your head instructor.



Rick Alderson



Lucas Wheeler

MARTIAL ARTS

K	I	C	K	F	E	K	U	G	P	A
Z	B	E	L	T	K	U	N	G	F	U
K	A	T	A	H	R	E	I	O	L	A
V	C	C	D	O	J	O	D	A	N	T
S	I	C	K	F	E	K	U	G	B	A
T	A	E	K	W	O	N	D	O	O	P
R	D	W	K	A	R	A	T	E	X	U
I	I	C	K	F	E	K	H	G	I	N
K	A	I	K	I	D	O	R	G	N	C
E	I	C	J	U	D	O	O	G	G	H
J	I	U	J	I	T	S	U	G	P	A

How many words can you find?



**HAPPY
BIRTHDAY!**

October:

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

November:

- 11/11 Joyce Thompson

December:

- 12/13 Anika Weiler
- 12/14 Dancing Big Eagle
- 12/24 Robert Usera

January 2026:

- 1/1 Callaghan Dowling
- 1/19 Nick D'Alessandro
- 1/20 Cory Price
- 1/26 Brandon Wong
- 1/28 Riley Sharkey-Kerl
- 1/29 Tanner White



THE DOJO

A dojo is a Japanese word for a training hall or school, specifically for the practice of all Japanese martial arts (Ju-Jitsu, Karate, Judo, Aikido, Kendo, etc.). Literally translating to "place of the way," the dojo is considered a space for holistic self-improvement, focusing on physical, mental, and spiritual development. It's more than just a training facility; it's a structured environment for building discipline, character, and respect.

Key Characteristics of a Dojo:

- **Beyond Physical Training:** The term "dojo" signifies a deeper purpose. The "do" (道) in dojo means "way" or "path," representing the path of self-improvement through the study of Ju-Jitsu, Karate, Judo, Aikido and other Japanese arts. The "jo" (場) means "place" or "hall".
- **Dedicated Space:** It's a specific area designated for martial arts, with a clean and safe training surface.
- **Emphasis on Discipline:** The dojo fosters discipline, respect, and character development through rigorous training.
- **Holistic Growth:** Practitioners aim for physical, mental, and spiritual growth, making the dojo a place for self-improvement.
- **Sense of Community:** It's a place where students and instructors come together to learn and grow.
- **Symbolic Elements:** Some dojos include a kamiza (a front area, sometimes like an altar) and display of the dojo's founders from specific martial arts styles and the dojo rules (the Dojo Kun).

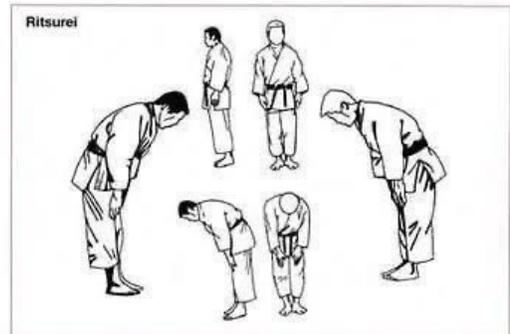
Proper Etiquette of Bowing

Ritsurei (Standing Bow)

Standing Posture: Stand at Hachiji Dachi (Natural Stance) then move your feet together, and your hands at your sides or in front based on your dojo etiquette.

Bowing: Bow forward from the hips, keeping your back straight and your eyes generally focused a few feet in front of you. The depth of the bow is usually about a 30-degree angle but can vary depending on the formality of the situation.

Return to Upright: Straighten your body and return to the standing posture.



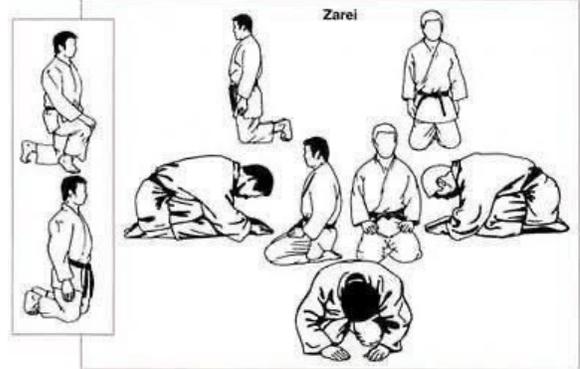
Zarei (Seated Bow)

Transition to Seiza: Start from Hachiji Dachi (Natural Stance) or Musubi Dachi (Attention Stance) or Heisoku Dachi (Feet Together Stance), step back with one foot, and kneel down onto both knees, maintaining an upright posture.

Seiza Position: Sit back on your heels, with your toes either flat or tucked under, and your hands resting gently on your thighs.

Bowing: Lean forward from the hips, placing your hands on the floor in front of you, forming a triangle with your index fingers and thumbs. Bow your head towards your hands without touching them.

Return to Upright: Lift your head and return to the seiza position, then stand up in a controlled manner.



Martial Arts Fitness

Did you know? There are over 600 muscles in the human body and you will use every one of them during an average karate class.

Did you know? An adult student can burn over 1000 calories in a typical one hour karate class with many reporting significant weight loss during the first 6 months.

Did you know? Karate kicking engages all muscle groups in the upper and lower abdominal areas and strengthens the lower back.

Did you know? Enhanced flexibility from karate training can greatly increase posture and vitality... and can assist in the prevention of many age-onset injuries.

Did you know? Children who train in karate are much less likely to be bullied - or become bullies - as they develop greater self-confidence and respect for others.

Did you know? Children's school work and classroom behaviour can be greatly improved through karate's disciplined and respectful training environment.

Did you know? Accomplishments in karate are often seen in a positive light by prospective employers who rightly attach images of strength, trust and good character to those who study it.

The 10 Essential Holding Techniques for Ju-Jitsu and Self-Defense

These ten classic holding techniques, known in Judo and Ju-Jitsu as Osaekomi-waza, are fundamental for controlling and subduing an opponent on the ground. Whether in a competitive match or real-life self-defense scenario, these holds allow you to neutralize threats, conserve energy, and prepare for transitions into submissions or escapes. Ground control is not about brute force—it's about leverage, positioning, and balance.

1. Hon Kesa Gatame

Standard scarf hold. Secure the opponent's head and arm under your armpit, base out with your legs, and apply chest pressure for full control.

2. Kuzure Kesa Gatame

Modified scarf hold. Instead of trapping the head, control the far arm or shoulder for better transition to submissions or mount.

3. Kuzure Yoko Shiho Gatame

Modified side control. Wrap one arm under your opponent's far shoulder while keeping control across the chest. Spread your base and apply constant pressure.

(Continue on page 9)



1. Hon Kesa Gatame



2. Kuzure Kesa Gatame



3. Kuzure Yoko Shiho



4. Makura Kesa Gatame



5. Kuzure Kami Shiho Gatame



6. Kami Shiho Gatame



7. Ushiro Kesa Gatame



8. Yoko Shiho Gatame



10. Kata Gatame



9. Tate Shiho Gatame

The 10 Essential Holding Techniques for Ju-Jitsu and Self-Defense

(Continued from page 8)

4. Makura Kesa Gatame

Pillow scarf hold. Elevate the opponent's head by placing your thigh or arm beneath it, reducing their mobility and strengthening your pin.

5. Kuzure Kami Shiho Gatame

Modified upper four-quarter hold. Trap arms or shoulders while applying chest pressure from above. Keep hips low and use your weight to dominate.

6. Kami Shiho Gatame

Upper four-quarter hold. Control both shoulders from the top, spread your knees wide, and press your chest into theirs to prevent escape.

7. Ushiro Kesa Gatame

Reverse scarf hold. Face the opponent's legs while trapping one arm and head. This unique angle limits their escape options and allows counters.

8. Yoko Shiho Gatame

Side four-quarter hold. Classic side control pin with arms controlling the head and far hip. Essential for transitioning to mounts or armbars.

9. Tate Shiho Gatame

Vertical four-quarter hold. Mount the opponent's chest, pinning both arms with your knees or thighs, controlling their upper body completely.

10. Kata Gatame

Shoulder hold. Wrap one arm around the opponent's neck and trap their own arm against it, tightening the pressure with body weight for immobilization.

How to Use These Techniques Effectively:

- Maintain a wide base with knees and feet
- Apply constant chest or hip pressure
- Trap limbs when possible to limit mobility
- Anticipate escapes and flow into the next pin or submission
- Breathe steadily to conserve energy and increase control

These pins are essential tools for any martial artist, especially those practicing Judo, Ju-Jitsu, or MMA. They develop your positional awareness, improve your ground defense, and prepare you for more advanced submissions and transitions. Control before submission—that's the golden rule on the ground.



Healthy Habits to Help Protect Against Flu

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

Get Vaccinated

Seasonal flu vaccines protect against the four flu viruses that research indicates will be most common during the upcoming season. There are several flu vaccine options this flu season.



Helpful Tips to Protect Against the Flu

The tips and resources below will help you learn about additional actions you can take to protect yourself and others from flu and help stop the spread of germs. The tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

1. **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.

4. **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub. [Handwashing: Clean Hands Save Lives](#). Tips on hand washing and using alcohol-based hand sanitizers

5. **Avoid touching your eyes, nose or mouth.**

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Preventing Flu at Work and School

At School:

1. Find out about plans your child's school, childcare program, and/or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.

(Continue on page 11)

Healthy Habits to Help Protect Against Flu

(Continued from page 10)

2. Make sure your child's school, childcare program, and/or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
3. Ask how sick students and staff are separated from others and who will care for them until they can go home, and about the absentee policy for sick students and staff.
4. Learn more about preventing the flu, common questions and answers, and poster materials for schools: Resources for Schools, Childcare Providers and Parents

At Work:

1. Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
2. Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
3. Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
4. Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
5. If you begin to feel sick while at work, go home as soon as possible.



Learn more about how you can help prevent the spread of respiratory illnesses like flu at work, businesses and workplaces by contacting your personal physician or go online to www.cdc.org.

Shorinji Ryu Jujitsu Black Belt (Shodan) Promotions



Congratulations to Noah Usera and Jonathan Usera for receiving their Black Belt (Shodan) in Shorinji Ryu Jujitsu

Bujin Ki Ryu Jujitsu Black Belt (Shodan) Promotion



Congratulations to Jackson Weiler for receiving his Black Belt (Shodan) in Bujin Ki Ryu Jujitsu



International Shorinji Ryu Jujitsu Federation

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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 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.

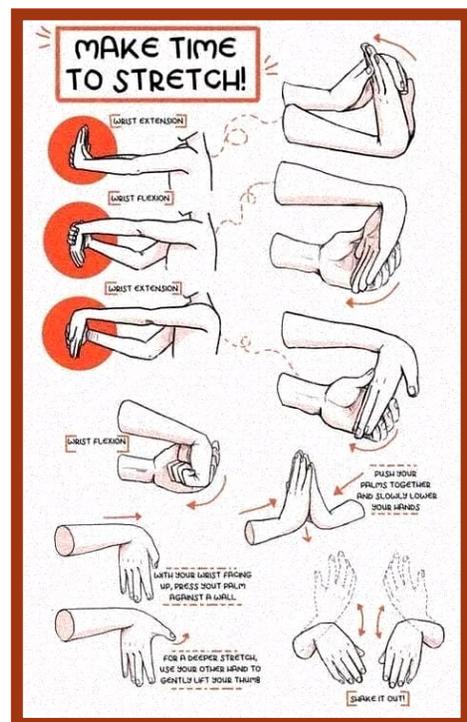
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Black Hills

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