



THE DOJO CONNECTION



SEPTEMBER 2026

QUOTE OF THE MONTH

Don't train for certificates, rank, or trophies. Train for the day when your training will save your life or someone else's.

Karate Viewpoints

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Black Hills Bujin Ki Ryu Jujitsu Honbu Dojo

It won't be easy to earn a Black Belt, but once earned you will carry it forever

By Mutch Usera Hanshi

Many people get into martial arts for a variety of reasons, but underneath we had the same goal in mind: to someday become a black belt. However, although that may have been a goal, many people learn that earning a black belt isn't easy. But ask anyone who truly earned their black belt, and they'll tell you it was worth every step.

Not everyone trains with the goal of earning a black belt, and that's perfectly fine. But in traditional arts like Karate, Judo and Jujitsu, belts serve as markers of our progress as we grow in our training. The development of mental and physical conditioning is the real goal.

When I began training in Jujitsu, I had no idea what the belt system was. I did know that a black belt was something that I wanted to achieve. On September of 1971 in the basement at the Rapid City YMCA, I started that journey. There were a couple of students wearing brown belts, some in green belts and most students wearing white belts. Only three students were wearing black belts. It took me about six months to earn my green belt as back then we didn't have yellow, orange, blue or purple belts. The belt system was white, green, brown and black.

My teen years made consistent training challenging. High school sports, academics, family, friendships, they all fought for my time. At sixteen I added a job to the mix, making it even harder to get to class. But I still made it to class. Time moved quickly in my Jujitsu training as I earned my Shodan in 1974, training at least five days a week, usually three. During that same year I also won my first trophy in point sparring at a tournament in Rapid City.

When I wasn't learning Jujitsu, I decided to train in Karate which was held two days a week at the YMCA. However, my Karate training lasted about twelve





Black Hills Bujin Ki Ryu Jujitsu Honbu 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

months, as I had to focus some days on schoolwork. There were many days I wanted to skip class, but I really enjoyed Jujitsu more than any other activity as a teen. That self-discipline I built, day after day, has served me in every part of my life since.

Jujitsu class was two hours long. I usually didn't get home until 9:30 pm and my parents were worried about my high school grades. But I didn't disappoint them as they trusted me to balance my school with my Jujitsu and other teen activities. During Jujitsu class, we worked hard from start to finish. Bumps, bruises, sprains, just part of the deal. We spent hours learning wristlocks, takedowns and throws, reaching for perfection while Sensei pushed us relentlessly.

Praise was rare, but when it came, it was genuine. We sparred almost every class. That meant getting hit—until you learned how to give as good as you got. A single round of sparring or grappling could last very long before switching partners. It was not easy—but it was never supposed to be.

I always knew most people who walked into the dojo wouldn't make it to black belt. Many haven't made it in the past few months. Some stayed a year or two. As the training became more demanding, people drifted away. That is the norm in martial arts. They say that only one in every hundred students might earn their black belt. I wanted to be the one.

My first Jujitsu instructor once told us: "If you miss classes, it will become easier to quit than to succeed. That's the path everyone else takes. Either you discipline yourself right now, or you'll become one of those that may say someday, 'I wish I never quit Jujitsu.'" Those words still echo in my mind. He was right. I knew back then I had to take responsibility to reach my black belt goal.

After earning my black belt, nothing I've faced in life has ever felt as intimidating or overwhelming. To some it may sound silly, but earning a black belt was and still is—about far more than a piece of cloth or certificate. It meant you were strong. Capable. Disciplined. Focused. Independent. It meant you were prepared for whatever life threw at you, ready to face any form of fighting life presented. It went far beyond throws, takedowns, sparring, or self-defense.

Looking back, I know my life would be completely different had I taken the easy road and quit training at the dojo. Earning my Shodan set the tone for everything that came after. It taught me purpose, intent, and how to achieve success both inside and outside the dojo. My confidence and positive attitude in school, home and work was noticeable by anyone that knew me.

I can't speak for all students that studied Jujitsu, but I can say this with certainty: I'm grateful I stayed the course and earned something many say they want, but very few ever truly attain.

So, when you look at where you are in your Jujitsu training, always keep in mind that the road to reaching your goal takes one step at a time and requires commitment to achieve that goal. Once you achieve your goal the way you live your life may change for the better and nothing may be impossible to achieve.

See you at the dojo.



HAPPY BIRTHDAY!

August:

8/1 Michael Hill
 8/11 Ally Myers
 8/15 Jordan Hofer
 8/16 Noah Usera
 8/23 Dylan Martin
 8/23 Karisa Bellipanni
 8/26 Khai-Lia Junk
 8/26 Rick Alderson
 8/29 Bella Fontenot

September:

9/6 Asher Matthew
 9/6 Aubrey Mangubat
 9/16 Dreagan Klinakis
 9/23 Jonathan Usera

October:

10/18 Genevieve Matthew
 10/30 Vern Haas

December:

12/13 Anika Wieler
 12/14 Dancing Big Eagle
 12/24 Robert Usera

If you want to be recognized for your birthday, please be sure to send Hanshi Usera your date of birth.

Age Is Just a Number

In martial arts, age is never the true measure of a warrior. Time may leave wrinkles on the face, gray hair on the head, and slower footsteps on the ground, but it can never weaken a disciplined spirit. A real martial artist is defined not by youth, but by determination, resilience, and the willingness to keep learning every single day.

Every training session is a reminder that improvement has no expiration date. The body changes over the years, yet experience grows stronger with every challenge overcome. An older martial artist may not move as quickly as they once did, but they often possess something even more valuable—patience, wisdom, precision, and the ability to remain calm under pressure. These qualities cannot be purchased or rushed; they are earned through decades of dedication.

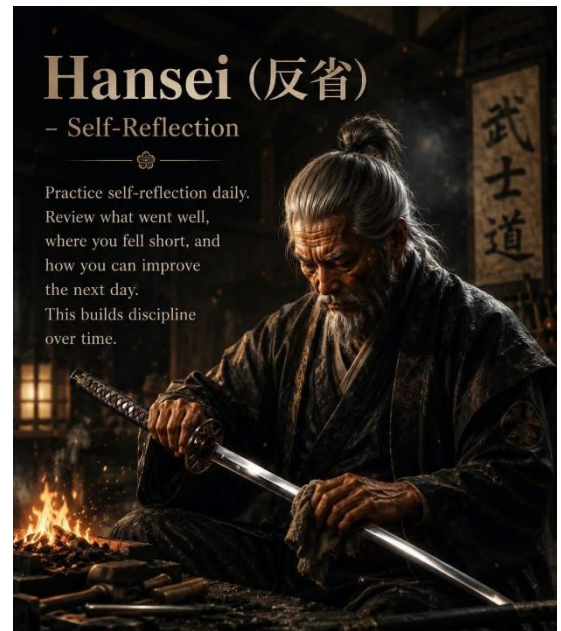
The image of an elderly martial arts practitioner delivering a powerful technique is more than an impressive display of skill. It is a symbol of perseverance and self-reflection (Hansei). It reminds us that limits are often created by the mind, not by age. While many people slow down because they believe they are too old, true martial artists continue to train because they know that growth is a lifelong journey.

A younger opponent may have speed and explosive power, but experience teaches timing, distance, strategy, and control. Martial arts are not simply about winning a fight, it is about mastering yourself. It is respect and character, showing respect, and developing the courage to continue despite every obstacle life presents.

The dojo is one of the few places where age becomes secondary. What truly matters is humility, discipline, consistency, and respect for others. Every student bow with the same spirit, regardless of whether they are eighteen or eighty. The belt around the waist does not represent perfection; it represents commitment to continuous improvement.

So never allow your age to become an excuse for giving up on your dreams. Whether you are just beginning your martial arts journey or have trained for decades, every practice brings a new opportunity to become stronger than yesterday. Keep moving, keep learning, and keep inspiring those around you.

Remember, champions are not defined by the number of birthdays they have celebrated. They are defined by the number of times they stood back up after falling. Age is just a number—but determination, discipline, and heart are timeless.



THANK YOU TO OUR 2026
DOJO SPONSORS



Do Something That Challenges You, Everyday

Nobody wakes up excited to do the things they do not want to do.

Nobody looks forward to paying bills, cleaning the house, getting up before the sun, going for a run in the rain, or having that uncomfortable conversation they have been putting off for weeks.

If we are given the choice, most of us will naturally choose the easier option. And there is nothing wrong with that. Your brain is wired to conserve energy. It is always looking for the easiest path because, for most of human history, wasting energy could mean not surviving.

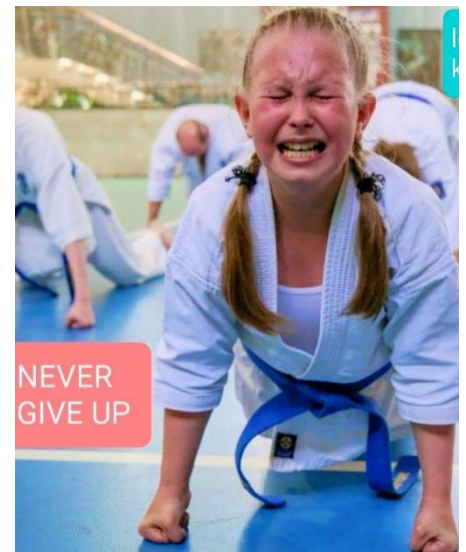
The problem is that the world has changed. Life has become comfortable.... Too comfortable. Now we can avoid almost anything we do not feel like doing. We can order food without leaving the couch. We can scroll social media for hours instead of studying. We can binge another episode instead of going to the gym. We can ignore difficult conversations with the tap of a button.

Comfort has never been easier to find...

Growth, on the other hand, has never been easier to avoid. The funny thing is that your brain does not really care whether you are training martial arts, or lifting weights, learning a new language, or forcing yourself to do the washing up when you would rather watch television. It notices one thing.... Resistance.

Every time you push through something you do not feel like doing, your brain gets to work. Scientists call this neuroplasticity. It is simply your brain's ability to change itself. It builds new pathways, strengthens old ones, and adapts to whatever you repeatedly ask it to do.

One part of the brain that's particularly interesting is something called the anterior midcingulate cortex, or a MCC for short. Research suggests this area is heavily involved in determination, persistence, and the ability to keep going even when every part of you wants to quit.



Think of it like a muscle. You do not build stronger legs by sitting on the couch. You do not build stronger willpower by always taking the easy option. You build it by repeatedly choosing to do the thing that sucks. Maybe that is getting out of bed the first time your alarm goes off. Maybe for some it is sticking to your workout when you are tired. Maybe, more probably it is finishing that report you have been avoiding. Maybe, and this is a male thing, it is apologizing when your pride says not to. Maybe it's studying researching for another hour instead of reaching for your phone.

None of those moments feel important on their own, but over time they add up. One decision. One uncomfortable choice. One small victory at a time.

Bujin Ki Ryu Jujitsu Belt System

Bujin Ki Ryu Jujitsu belt-rank begins with 9th Kyu (Level) as a white belt. Each belt under brown belt includes three stripes to recognize students' progress in each belt level. Students earn belt rank based on several requirements which include knowing and execute

9th Kyu
8th Kyu
7th Kyu
6th Kyu
5th Kyu
4th Kyu
3rd Kyu
2nd Kyu
1st Kyu
1st Dan
2nd Dan
3rd Dan
4th Dan
5th Dan
6th Dan
7th Dan
8th Dan
9th Dan
10th Dan

each belt curriculum, overall performance, attendance, follow dojo etiquette, to name a few expectations. Advanced students are expected to participate in the Black Belt Club and support instructors by teaching students during regular classes.

Most people think confidence comes first. Action comes first. Confidence usually shows up afterwards. The more often you prove to yourself that you will do what needs to be done, even when you don't feel like it, the more confidence you earn. Not fake confidence....eal confidence. The kind that is built on evidence.

That is one of the reasons pressure testings in martial arts and self-defense is important. Nobody enjoys getting hit. Nobody enjoys being exhausted while trying to solve problems against someone who is actively resisting you. Not one of us enjoys finding out that the technique they thought worked falls apart under pressure.... It sucks. But that is exactly why it is valuable.

Pressure testing forces you into discomfort. It forces you to think while you are tired, adapt when things go wrong, and keep moving when quitting would be easier. Sound familiar? Because that's life.

Violence is not comfortable...

Neither is stress. Adversity is never comfortable. If all you have ever practiced is comfort, do not expect to perform well when life suddenly becomes uncomfortable. Pressure testing is not just about learning to fight. It is about teaching your brain that you can keep functioning when things are not going your way.

That lesson does not stay in the dojo. It follows you into work, into relationships, into business, into parenting, and into every difficult decision you will ever have to make.

So here is your challenge, to you and to those readers who made it this far....

Do something that is challenging every day. Not because suffering is somehow noble. Not because misery builds character. But because every time you choose discipline over comfort, you are teaching your brain that quitting is not your default setting.

Some days it will be something small, other days it will be something big.

Either way, your brain does not keep score based on how impressive it looks to everyone else. It only knows that you face resistance.... and kept going. And maybe that is the habit that changes everything.



WELCOME NEW MEMBERS!

Levita Williams
Dakota Porter
Naomi Murillo

STRIPE PROMOTIONS

White Belt

Lavita Williams, 1st Stripe

Yellow Belt

Bella Fontenat, 1st Stripe
Ethan Stewart, 2nd Stripe

Orange Belt

Hayleigh Myers, 3rd Stripe
Kodi Ladd, 3rd Stripe

Purple Belt

Keian Ladd, 3rd Stripe

Welcome International Shorinji Ryu Jujitsu Federation (ISJF) Members

The following students are renewed annual members of the ISJF. For more information about the ISJF please refer to page 11.

Vern Haas, 6th Dan
Jarrett Breuninger, 4th Dan
Cory Price, 3rd Dan
Mason Price, 3rd Dan
Tanner White, 2nd Dan
Michael Hill, 1st Dan
Jonathon Usera, 1st Dan
Noah Usera, 1st Dan
Lucas Wheeler, Brown Belt
Rob Usera, Brown Belt
Nick D'Alessandro, Brown Belt
Broady Jones, Brown Belt

DOJO PROMOTIONS AND RECOGNITION

Jujitsu Belt Stripe Promotions

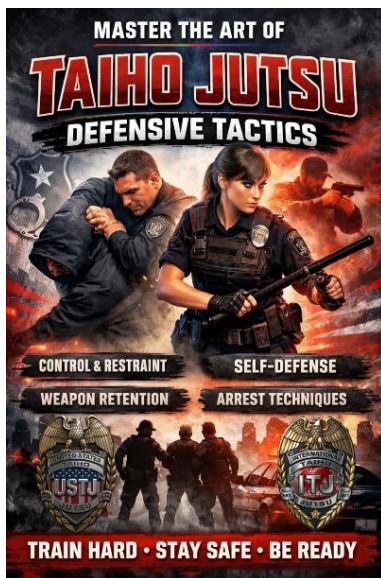


International Shorinji Ryu Jujitsu Federation Membership





United States
Ju-Jitsu Federation
(USJJF)



To enroll as a
member of the
USJJF or the USTJ
log on to
www.USJJF.org



HANSHI MUTCH USERA 2026 MASTER SERIES MARTIAL ARTS CAMP



WHEN
OCTOBER 9, 10 & 11, 2026

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

PRICE
\$85 PER PERSON - FOR ALL THREE DAYS

CAMP SPONSORS
UPTOWN RAPID MALL - RAPID CITY, SD

LAQUINTA INN & SUITES - RAPID CITY, SD

WATIKI WATER PARK - RAPID CITY, SD

SECURITY FIRST BANK - RAPID CITY, SD

SERVALL TOWEL & LINEN - RAPID CITY, SD

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



TRAINING INCLUDE:

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



The Benefits of Practicing Kata

Kata is more than a sequence of movements. It is a journey of patience, discipline, and self-discovery. Every stance, turn, block, and strike carries a lesson that cannot be fully understood through a single practice session. True progress comes from returning to the fundamentals again, refining each movement until technique becomes natural and purposeful.

Perfection is never something that appears overnight. A strong karateka is built through countless repetitions, quiet corrections, and

(Continue on page 8)





BLACK BELT CLUB

The Black Belt Club (BBC) is designed for advanced (Blue through Black Belt) students from the Northern Hills Dojo and Rapid City Dojo training in Jujitsu. The Black Belt Club membership is by invitation of Hanshi Usera and Sensei Miller. Black Belt Club training sessions are held monthly.

Students of BBC train in advanced techniques including basic principles of Ju-Jitsu, Judo, Aikido and Karate to enhance and apply skills that may support the execution and understanding in Bujin Ki Ryu Jujitsu.

The best tool for learning about yourself and your martial arts is to teach. The Black Belt Club sessions will provide you with the guidance to develop your martial arts teaching skills and the opportunity to apply the knowledge consistently.

As you know, our instructors are some of the very best teachers many of us have ever encountered. The teaching system that we have developed works and will create positive results for you as the next Sensei of the dojo.

For more information about the Black Belt Club please contact Hanshi Usera.

FREQUENTLY ASKED QUESTIONS



Hanshi Mutch Usera presents 2026 Master Series Martial Arts Camp

1. When is the Master Series Martial Arts Camp?

Friday, Oct 9:

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

Saturday, Oct 10:

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 11:

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 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

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 \$85 enrollment fee covers all three days of the Camp. You may train 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 without permission of Camp instructors!

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

Yes. On Sat, Oct 10 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

www.bujinkiryujujitsu.com



the courage to recognize weaknesses without losing confidence. Some days the improvement may be obvious; on other days, it may feel almost invisible. Yet every focused repetition adds something to the foundation.

Kata teaches us to slow down, pay attention, and respect the details. It develops balance, timing, coordination, breathing, concentration, and control. More importantly, it teaches humility. No matter how experienced we become, there is always another detail to refine and another level of understanding to pursue.

The beauty of kata lies in consistency. The same movement practiced today can feel completely different months or years later because the practitioner has changed. Strength grows, awareness deepens, and movements become more precise. What once required conscious thought gradually becomes part of the body and mind.

2026 HOLIDAY/EVENT SCHEDULE

Below are scheduled dates that the Dojo will be closed. Additional closures may occur due to weather conditions. Please refer to your emails during snowy conditions.

August 24-28 – Dojo closed for Annual Maintenance

September 7 – Labor Day

October 9-11 – Master's Series Martial Arts' Camp

October 12 – Native American Day

November 11 – Veteran's Day

November 25 & 27 – Thanksgiving Holiday

December 25 – Christmas Day



This is why the true goal is not simply to perform kata correctly. The deeper goal is to allow its principles to shape character. Discipline practiced on the dojo floor can influence how we face challenges outside it. Patience learned through repetition can help us endure difficult moments. Humility can keep us learning when success arrives.

Keep practicing. Keep refining. Keep returning to the basics. Progress may be slow, but every sincere effort matters. The journey of karate is not about becoming perfect in one day; it is about becoming better, stronger, calmer, and more complete with every day of practice.

Parents are key to children in Jujitsu



Jujitsu is more than punches, kicks, takedowns, throws, and belts—it is a journey of discipline, confidence, patience, respect, and perseverance. For children, every training session is an opportunity to learn how to face challenges, control emotions, listen carefully, and keep moving forward even when something feels difficult.

But a child's journey does not happen alone. Parents play an important role in creating an environment where commitment can grow. Getting children to practice is only one part of the process. Encouraging them when progress feels slow, celebrating small improvements, attending important moments, and reminding them why they started can make a tremendous difference.

A black belt is not achieved overnight. It is built through countless small decisions: showing up, practicing again, accepting mistakes, learning from instructors, and refusing to give up. Sometimes children lose motivation, become tired, or wonder whether they should continue. That is when positive parental support can become especially powerful.

Black Hills Bujin Ki Ryu Jujitsu Honbu Dojo is a proud member of several Jujitsu and martial arts organizations that recognize our organization throughout the United States and globally.



Instead of demanding perfection, parents can encourage consistency. Instead of focusing only on competition medals or belt rank, they can recognize effort, discipline, courage, and personal growth. The goal is not simply to create a skilled martial artist, but to help develop a young person who understands responsibility and believes in their ability to improve.

Jujitsu teaches lessons that can extend far beyond the dojo. Confidence can help children at school. Discipline can influence their daily habits. Respect can shape their relationships. Perseverance can prepare them for future challenges.

So, when your child steps onto the training floor, remember that your support matters. Be present. Encourage them. Listen to them. Celebrate their progress. Help them understand that setbacks are part of learning.

Children may begin Jujitsu because it looks exciting, but they continue because they discover strength within themselves. Parents can help protect that journey by making commitment to your family value.

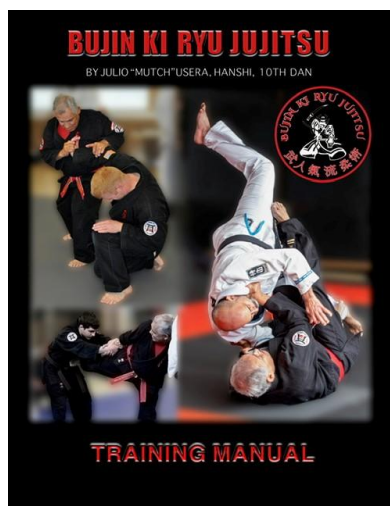
Strong children are not created by pressure alone. They are strengthened through guidance, encouragement, patience, and consistent support.



BITS & PIECES...

Bujin Ki Ryu Jujitsu Student Training Manual Available at Dojo

Now you can purchase the 5th Edition of the Bujin Ki Ryu Jujitsu Training Manual. The training manual includes 30 new pages of training information that will assist in your Jujitsu training at the dojo. The manual is simply a reference to your Bujin Ki Ryu Jujitsu belt curriculum and includes basic information about dojo etiquette, Jujitsu history, Japanese terminology, strength and fitness training to name just a few items that will make you training complete.



To purchase a manual simply stop by your dojo and see your head instructor. Manuals are only available at all Bujin Ki Ryu Jujitsu dojos.

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. Updates should be submitted prior to the 1st of each month. **You can contact Char at 605-381-8470 or email her at charleneusera@gmail.com or submit any updates to Hanshi Usera at the dojo.** Please remember that there is a \$25 service charge for declined payment due to outdated information, expired card or insufficient funds.

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 members of the International Shorinji Ryu Jujitsu Federation. Hanshi Usera is a life-time member and Director for the ISJF. Annual membership fee is \$45. Lifetime membership is \$300. To enroll as a member of the ISJF, simply pick up an ISJF membership form at the dojo or contact Hanshi Usera.



THE DOJO CONNECTION

BLACK HILLS BUJIN KI RYU JUJITSU DOJO

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Charlene Usera, Business Manager & Co-Owner
605-381-8470 / charleneusera@gmail.com

