THE DOJO CONNECTION

OCTOBER 2026

Black Hills Bujin Ki Ryu Jujitsu Honbu Dojo

QUOTE OF THE MONTH



INSIDE THIS ISSUE

1 – Master Series Martial Arts Camp
2 - Affiliated Dojos
3 - Happy Birthday
4 - Sponsor Recognition
5 – Practicing Alone is True Mastery
5 - Jujitsu Belt System
6 - Belt Promotions & Recognition
7 – Why Should Kids Learn Jujitsu
8 – Black Belt Club
9 – Holiday Schedule
9 – *Kuzushi*: The Secret Elements in Throws
10 – Stretching for Full Body
11 - Bits & Pieces

Master Series Martial Arts Camp Delivered High Energy Sessions

By Mutch Usera Hanshi



The Master Series Martial Arts Camp has come to an end for another year. The camp brought 65 attendees from South Dakota, Minnesota and Utah to learn several styles of martial arts in three days of training.



The camp is produced by me and my wife, Char Usera with Black Hills Bujin Ki Ryu Jujitsu dojo being the host. This year training included sessions in Bujin Ki Ryu Jujitsu, Shorinji Ryu Jujitsu, Taiho Jutsu, Kamagata Ryu KenJutsu, Chines Kobudo, competition grappling and sparring skills, and Kenpo self-defense applications. The camp concluded with belt rank demonstrations and promotions along with recognition of our scholarship contributors, attendees, and business sponsors.

The quality of a martial arts camp is only as good as the instructors leading it. I would like to say Thank You to the camp instructors: Allen Horner, 8th Dan; Joe Herreman, 6th Dan; Eileen Miller, 5th Dan; James Kwan, 4th Dan; Curtis Horner, 4th Dan; and Ben Benson, 4th Dan.

Also, special thanks to our business sponsors: LIV Hospitality, LaQuinta Inn & Suites, Servall Uniform & Linnen, Security First Bank, and Uptown Rapid Mall.



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, 5th 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, 7thDan
summitmartialartsacademy.com

PHOTO GALLERY:
MASTER SERIES MARTIAL ARTS CAMP



















HAPPY BIRTHDAY!

October:

10/18 Genevieve Matthew
10/30 Vern Haas

November:

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

December:

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

January 2027:

1/19 Nick D'Alessandro
1/28 Riley Sharkey-Kerl
1/29 Tanner White

February 2027:

2/2 Cassandra Fitting
1/28 Riley Sharkey-Kerl
1/29 Tanner White

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

PHOTO GALLERY:

MASTER SERIES MARTIAL ARTS CAMP











THANK YOU TO OUR 2026 DOJO SPONSORS



During the promotion ceremony there were students from several dojos who received their belt rank. They include:

Northern Hills Bujin Ki Ryu Jujitsu Dojo, Belle Fourche
Elieen Miller, Black Belt-Godan, 5th Degree
Jude Schulze, Orange Belt
Connor Buchholz, Orange Belt

Dynamic Martial Arts of Sioux Falls, South Dakota
Ava Herreman, Brown Belt-Sankyu
Travis Brown, Green Belt
Daniel Johnson, Orange Belt



Minnetonka Martial Arts, Minnesota
Ezra Colonna-Welper, Black Belt-Sandan, 3rd Degree
Alyssa Milesovic, Black Belt-Sandan, 3rd Degree
Dryden Catlett, Black Belt-Shodan, 1st Degree

Black Hills Bujin Ki Ryu Jujitsu Honbu Dojo, Rapid City
Cory Price, Black Belt-Yondan, 4th Degree
Michael Hill, Black Belt-Nidan, 2nd Degree
Robert Usera, Brown Belt-Nikyu
Cassandra Fitting, Brown Belt-Nikyu
Anika Weiler, Brown Belt-Nikyu
Keian Ladd, Purple Belt
Hayleigh Myers, Green Belt
Kodi Ladd, Green Belt
Ethan Stewart, Orange Belt

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 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.

Practicing Alone is True Mastery

True mastery is rarely built in the noise of the crowd. It is forged in the quiet moments when no one is watching, when there is no applause, no recognition, and no one to measure your progress against. Solitary practice teaches you to confront yourself honestly. Every repetition reveals your weaknesses, every mistake becomes a lesson, and every small improvement becomes proof that discipline is working.



The martial artist who practices alone learns something deeper than technique. They learn patience. They learn concentration. They learn how to remain calm when progress feels slow. There is no audience to impress and no opponent to blame. The only challenge is the person reflected in the mirror.

This is the spirit behind the timeless idea: "There is nothing that can do you better than practicing alone."

Whether you train with a sword, practice karate, or Jujitsu, or simply work toward becoming a better person, solitude can become a powerful teacher. Practicing alone builds confidence without arrogance and strength without the need for recognition.

Do not be impatient when you train alone. Those moments may be the foundation of everything you eventually become. Keep practicing when nobody is watching. Keep learning when nobody praises you. Keep moving forward when results are difficult to see.

A true martial artist does not practice only for others. He or she practices refining their character, sharpening their discipline, and become stronger than they was yesterday.

Train quietly. Improve patiently. Let your results speak for itself.

International Shorinji Ryu Jujitsu Federation Member

Cassandra Fitting has recently joined the International Shorinji Ryu Jujitsu Federation. Cassandra is a Brown Belt-Nikyu at Black Hills Bujin Ki Ryu Jujitsu Dojo.



BELT PROMOTIONS

Orange Belt
Ethan Stewart, Youth Jujitsu

Green Belt
Kodi Ladd, Adult Jujitsu
Hayleigh Myers, Adult Jujitsu

Brown Belt
Robert Usera – Nikyu
Cassandra Fitting – Nikyu
Anika Weiler - Nikyu
Lucas Wheeler, Nikyu
Keian Ladd - Sankyu

Black Belt
Eileen Miller – Godan, 5th Dan
Cory Price – Yondan, 4th Dan
Michael Hill – Nidan, 2nd Dan

STRIPE PROMOTIONS

White Belt
Lavita Williams, 2nd Stripe
Aurelia Urban, 1st Stripe
Daniel Borland, 1st Stripe

Yellow Belt
Asher Matthew, 2nd Stripe
Genevieve Matthew, 1st Stripe
Roran McDonough, 1st Stripe
Jordan Hofer, 1st Stripe
Dana Stites, 1st Stripe
Kristy Myers, 2nd Stripe
Austin Wiesbrook, 2nd Stripe
Iyohilla Big Eagle, 2nd Stripe
Dancing Big Eagle, 2nd Stripe

Orange Belt
Aubrey Mangubat, 2nd Stripe
Brian Tran, 2nd Stripe
Ally Myers, 2nd Stripe
Noah Erickson, 2nd Stripe
Grace Erickson, 2nd Stripe
Damian Watson, 2nd Stripe
Rick Alderson, 2nd Stripe

Blue Belt
Khai Lia Junk, 1st Stripe

DOJO PROMOTIONS AND RECOGNITION











United States
Ju-Jitsu Federation
(USJJF)



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

DOJO PROMOTIONS AND RECOGNITION











Why Kids Should Learn Jujitsu

Parents often sign their kids up for Jujitsu because of bullying problems at school, and while this is certainly a great reason to get your children to start Jujitsu, there are many other ways this martial art can benefit kids of all ages. Whether your kid is six or sixteen, here are some other great ways that Jujitsu can improve their lives:



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.

1. It develops a healthy (and fun) exercise habit.
Many kids only get exercise through gym class at school, and let's be honest — running around a track and going straight to class afterward is not exactly a fun way to get the heart pumping. After-school sports can be fun, but many kids don't want to spend more time physically at the school when they've already been there all day. Jujitsu can solve these issues by offering a change of environment and a fun, interactive outlet for energy. And because Ju-Jitsu can be continued as an adult (even at the same gym!), your child won't have to worry about "outgrowing" the sport that they love — they can continue training and competing long beyond their high school years. Jujitsu can teach your kids that exercise and movement aren't just healthy, but also fun and maintainable.



2. It teaches kids how to lead and follow.
Your child doesn't need to be the captain of a team to develop good leadership skills through sports. As Jujitsu practitioners progress, they learn to help new students who may need support, whether technical or emotional. If they stick with it as they grow up, they can also eventually become assistant coaches… or maybe even open their own Dojo one day.

Jujitsu doesn't just teach good leadership skills, though — it also teaches great listening skills and discipline. Your kids will have good role models in their coaches, and they'll quickly learn how frustrating it is to not understand a technique or fall behind because they aren't paying attention.

3. It's a healthy outlet for aggression.
Jujitsu has several mental health benefits, and one of them is how it serves as a way for practitioners to let out their natural aggression in a safe and controlled environment. Many children (and adults, for that matter) struggle to process difficult emotions, and this can manifest as pent-up aggression that gets let out at inopportune times and in unsafe ways. Ju-Jitsu gives kids a way to let out that energy in a healthier manner. Whether they're dealing with problems at home (such as their parents' divorce) or frustrations at school, the focus and physical effort that Ju-Jitsu requires can provide an outlet, reducing the chances that they'll take out their frustration on their classmates, siblings, or themselves.

4. It's a highly social activity.
Even if your child has trouble making friends at school, they may find that they struggle less with social interactions in Jujitsu. Jujitsu is, by nature, a physical sport that requires a lot of close contact and trust between teammates. Kids who train Jujitsu interact with other children

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.

November 11 – Veteran's Day

November 25 & 27 – Thanksgiving Holiday

December 25 – Christmas Day



COMING IN 2027

Dynamic Martial Arts
2027 WINTER WARRIOR CAMP

Date:
Friday, Feb 12- Sunday, Feb 14
Location:
Dynamic Martial Arts Dojo
Sioux Falls, SD

Dynamic Martial Arts
SIOUX FALLS OPEN
MARTIAL ARTS' TOURNAMENT

Date:
Saturday, April 24
Location:
Sanford Premier Center
Sioux Falls, SD

from a variety of backgrounds and identities, so even if they've fit into a certain clique at school, they can truly be themselves on the mats while learning to work with other kids who are very different from themselves.



5. It gives them a challenge to work for and victories to be proud of. Every Jujitsu class will present your child with a new set of obstacles and accomplishments. It takes years for Jujitsu students to receive their Black Belt, and once you try Jujitsu, it's easy to see why. This martial art is a challenge to learn, but with rewarding results. Natural-born athletes and bookworms alike will experience their fair share of frustrations but also feel the thrill of finally landing a tough submission on a teammate or tournament opponent. Best of all, Jujitsu is highly adaptable, so even if your child has a disability, they can still get a lot out of the sport. Plus, your child can test their skills in competitions if they want to… or, they can choose to continue as a hobbyist, content with working hard in the gym.

The self-defense aspect of Jujitsu is great for kids, teens, and adults alike. But if you simply want your kid to grow up to be a healthier, happier adult, Jujitsu is great for that as well.

KUZUSHI: The Secret Element in Throws



Many people think the secret to a great throw is strength or speed. In reality, it's Kuzushi - the art of breaking your opponent's balance.

Without kuzushi, even the strongest judoka struggles to throw a resisting opponent. With good kuzushi, even a smaller person can throw someone much bigger.

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.

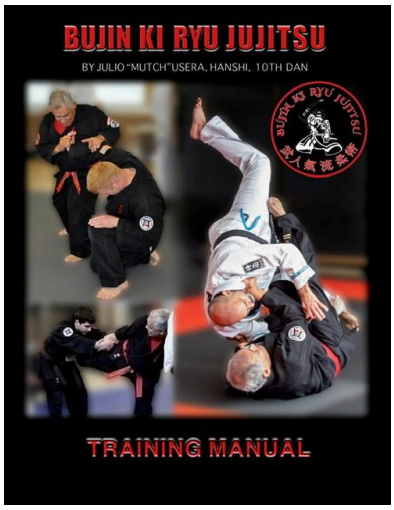
Why kuzushi is so important:
- It makes throws easier and more efficient.
- It reduces the need for brute strength.
- It creates openings for attacks and combinations.
- It improves timing and control.
- It embodies Judo's principle of maximum efficiency with minimum effort.

Remember:
"The throw doesn't begin with the feet or the hands—it begins the moment your opponent loses their balance."



BITS & PIECES…

Bujin Ki Ryu Jujitsu Student Training Manual



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.

THE DOJO CONNECTION

BLACK HILLS BUJIN KI RYU JUJITSU DOJO

Julio "Mutch" Usera, Hanshi, 10th Dan
605-863-2378 / *jmu8dan@gmail.com*
Charlene Usera, Business Manager & Co-Owner
605-381-8470 / *charleneusera@gmail.com*

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.