



Greetings and Welcome to  
The Budoshin Ju-Jitsu Dojo.  
Burbank, California

Dear Student,

You are about to start on the path to learning the martial art of Budoshin Ju-Jitsu. We are excited that you have chosen to take this life-long process with us. Please remember that although you are here to learn, we are here to teach and questions are appreciated. We endeavor to maintain safe and amiable learning environment.

Ju-jitsu, the 'gentle art', is over 2000 years old, with a wide range of skills to be learned. Don't be intimidated by this fact, as a beginning student you will be instructed with the goal of attaining a good understanding of the fundamental 'foundation' skills. These may include a number of movements that you may find awkward or clumsy at first. Please be patient with yourself, in time these will become second-nature, as effortless as opening a door.

Budoshin is the school or style (ryu) of Ju-jitsu created by Prof. George Kirby. Prof. Kirby formalized Budoshin Jujitsu in the early 1960's. He did this after attaining his Yudansha (black belt) ranking under Prof. Jack 'Sanzo' Seki, who taught traditional Japanese Jujitsu as learned from his father as well as Jigoro Kano, creator of Judo. Addition training and influence came from Prof. Harold Brosicous of Ketsugo Jujitsu, a school noted for its no-nonsense, 'street'-oriented responses.

Budoshin is taken as meaning 'in the spirit of the path of the noble warrior' ('BU': war/warrior, particularly the samurai, or 'noble warrior', 'DO': path or way, as in to follow in the footsteps of, 'SHIN': at heart with, in the spirit of, or with the mindset of.). Just as the samurai of Feudal Japan acted in accord with a strict code of conduct (bushido), so do we follow a code of ethics influenced by elements of the samurai code. At its most basic level, we strive to maintain respect in all our relationships: both inside and outside the dojo (martial arts school). With mutual respect observed at all times we can proceed with the learning of Ju-jitsu with little fear for our safety and dignity.

It is our hope that you will be with us for a long time. Welcome, come in and learn. We are eager to teach.

Sincerely,  
Ron Sekulich, Sensei  
Budoshin Ju-jitsu Dojo, Burbank

## Burbank Dojo Student Safety Rules

These rules are to maintain a safe learning environment. Violation of the rules may result in your temporary removal from the mat or being dismissed from class.

1. As a place of learning, there is to be no 'horseplay' or 'rowdy' behavior within the dojo. This is expected before, during and after class.
2. Students shall make every effort to maintain a healthy level of personal hygiene (read: a shower on a day of class). This also means finger and toe nails are cut short and clean. Your uniform (gi) or workout clothes are clean and in good condition (no frays or rips). Use of personal deodorants are acceptable, but colognes and perfumes should be kept to a minimum.
3. Students should remove any type of jewelry, so that they will not become entangled and either become damaged or cause damage to the wearer or other students. If you asked to remove an item and you don't, you assume the risk of damage to that item and other students. (You have been duly warned).
4. Although questions are encouraged, please refrain from talking unless asking questions or discussing questions. Time spent asking or answering questions is time away from practice. If possible, ask questions either before or after class.
5. There are no shoes allowed on the mat (work out area). Please remove them prior to walking on the mat.
6. Students with hair long enough to cover their eyes, should pull the hair back so that vision will not be obstructed. This will also reduce the chance of hair becoming entangled with another student.

## The Student Notebook

You will be given a student notebook (3-ring binder) with your name on it. During the course of your time at the Burbank Budoshin Ju-jitsu Dojo you may be given handouts and instructional material. This notebook is for the safe storage and easy reference of this material. Any notes that you take (and you are encouraged to do so) on techniques shown during class should be placed in this notebook for later review.

Your notebook is divided into 8 sections:

Sections 1 through 7 correspond to ranks 1st Kyu (1st Brown) to 7th Kyu (white belt). It is here that you can place any notes taken for that rank, rank certificates and tests.

Section 8 is for certificates from training seminars (internal or external) or special events.

## Etiquette and Class Procedures

Ju-jitsu is an ancient art, born on the battlefields of Feudal Japan. The skills and techniques you will be learning are capable of causing great pain and severe injuries. You are expected to show an appropriate level of respect, such that you would show when handling a firearm or other dangerous weapon.

To instill this level of respect, we practice a few rituals of etiquette. These are not religious rituals, but rather they serve as a reminder to the student to give pause and remember the intent of their training: to defend oneself, or loved ones, from an aggressive attacker or attackers.

### **The Bow (rei)**

The bow, or 'rei', is the formal method of showing respect within the Japanese culture. Having Japanese roots, the Burbank Dojo adheres to a few rituals of etiquette. But in all cases the bow is sending the same message as a handshake in Western cultures: a sincere greetings or acknowledgement of intent.

#### *Why a bow and not a handshake?*

Since the sword was the more widely accessible weapon (spears were quite cumbersome indoors), no warrior would give up his sword arm in a greetings such as a handshake. Though it's interesting to note that the handshake developed for exactly that reason in Feudal Europe. The Samurai of Feudal Japan were of noble or upper class. As such, they had, according to the social norms of the day, the right to cut down (literally), anyone of equal or lower social status, with little fear of punishment, those that did not pay them the "proper" level of respect. The bow, whether standing or sitting, was a means of showing the neck in a sign of respect and trust. Traditionally, the person of "lower" status would bow lower. This is not carried over to the Burbank Dojo and you are not required to do so, unless otherwise informed.

For each of the bowing methods presented, you bow when either the instructor or sempai (senior student) calls out "REI".

While standing (tachi): The more casual greeting.

Your feet are close together and your hands are at your side. When you bow, do so at the waist, keeping your upper torso straight. Bow and how a moment, then return to the previous position (hands at side, feet close together). You should maintain a slight level of eye contact with the recipient: this is in deference to our martial spirit and to increase your level of awareness.

While in the formal sitting position (seiza): The more formal greeting.

While in the formal kneeling position. Start by placing the LEFT hand down on the floor slightly in front of your knees: fingers together and thumb opened about 45 degrees. Then place your RIGHT hand on the floor next to the left. Your hands should form a pyramid, with your thumbs forming the base. When bowing, your forehead should move towards the center of this pyramid. Hold this position a moment, then move your hands back in reverse order: RIGHT hand FIRST, then LEFT.

## The Gi, Judogi, or Uniform

The proper uniform for practicing Ju-jitsu is the judogi, or gi (gee, 'g' as in glue, 'ee' as in week). Specifically, a single-weave white judogi. Students are expected to have a gi after their promotion to Yellow belt. Only approved patches will adorn the uniform. If you have a uniform from a previous martial art, you may continue to wear this until your first promotion. Be advised that Karate/Tae Kwon Do Gi's are not designed to withstand the pulling encountered in Ju-jitsu and will tear sooner than judo Gi's.

The proper method for folding the Gi can be found below.

Your Gi is a uniform as should be given the same respect as that of any other proper uniform. You may wear the Gi pants to and from the dojo, but refrain from wearing the top. Again, please make every effort to keep your Gi clean and in good condition.

When wearing your Gi, fold the front with the left lapel over the right. The reasons for this are historical and practical. The right side of the body are thought to contain the Yang (of 'Yin/Yang' philosophy), or positive, energy in the body. Therefore, everyone especially the nobility, were trained to be right-handed (regardless of their natural handedness). From a practical viewpoint, the Judogi also represents that standard fashion of the times and it was within the left side that personal affects were kept (coin purses, fans, knives, etc...).

These uniforms are available for purchase through us or any local martial arts supply store (such as Valley Martial Arts in North Hollywood). In the beginning, you should expect to pay at least \$40.00-\$50.00 for your Gi and it should last about 2 or 3 years. Your next Gi can be one of greater quality (read: cost) and can be expected to last for several years.

Please keep your Gi clean and in good condition. We recommend that you do not wash your Gi with bleach or machine dry as this will damage the material (that is, shorten it's lifespan). Rather, simply wash in cold water and line/hang dry, if/when possible.

### **The Obi or Belt**

Your obi ( as in '**Obi**-Won Kenobi', of Star Wars fame) is not only a means of keeping your Gi top closed, but an indication of your rank and representative knowledge. Interesting enough, your obi does not keep your Gi pants up, this is the job of the straps on your Gi pants.

## Vocabulary for the New Student

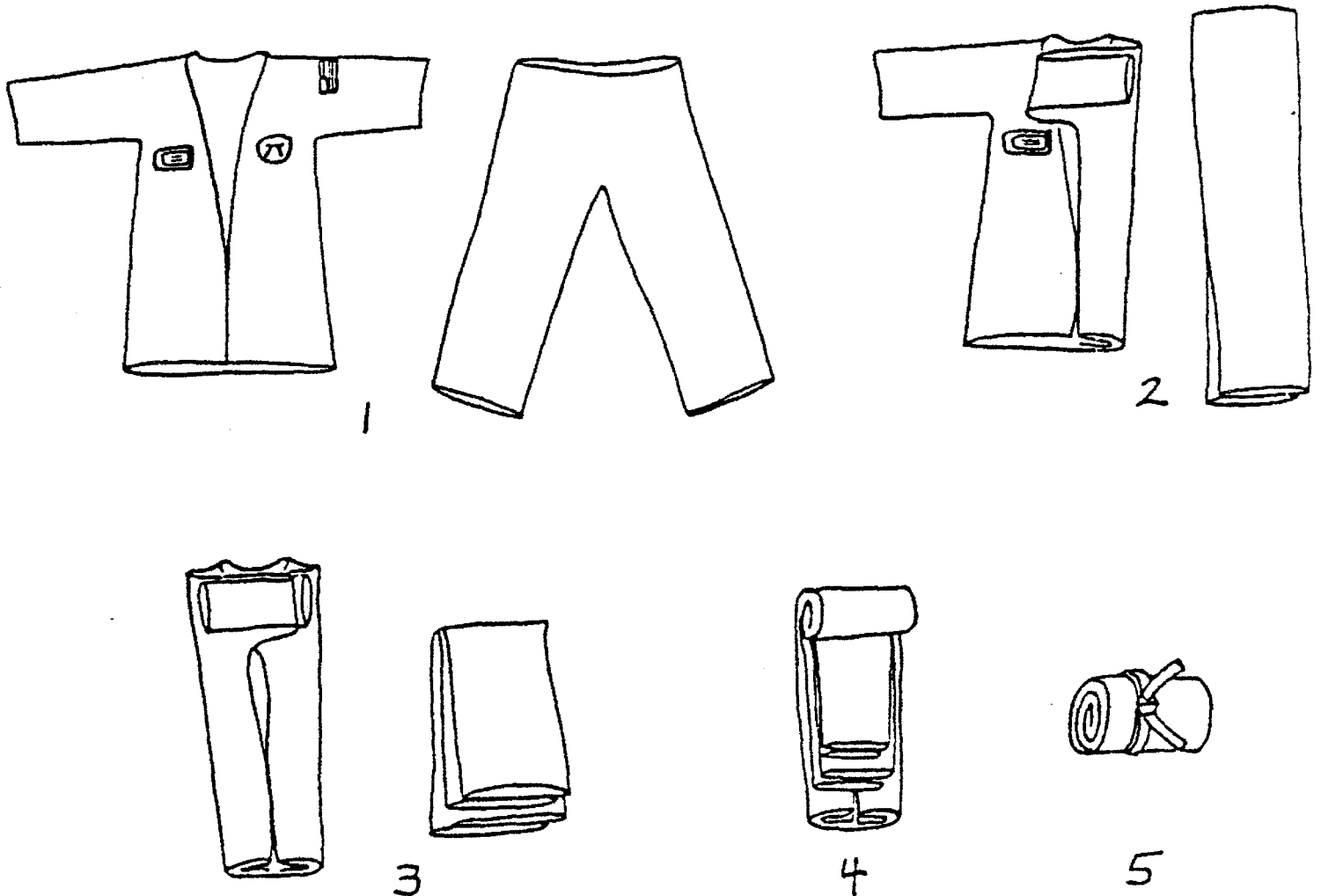
<b><u>Japanese</u></b>	<b><u>Pronunciation</u></b>	<b><u>English</u></b>
<b>Ju-jitsu</b>	(ju-jit-su)	Gentle Art, or art of flexibility, yielding, softness.
<b>Judo</b>	(ju-dough)	Gentle Way, or way of flexibility, yielding, softness.
<b>Karate</b>	(ka-ra-teh)	Empty, or China, Hand
<b>Aikido</b>	(eye-key-dough)	Way of Harmonized Energy
<b>Budoshin</b>	(boo-dough-shin)	Heart of the way of the warrior
<b>Dojo</b>	(dough-joe)	School of the way; martial arts school
<b>Tachi-waza</b>	(tach-ee wa-za)	Standing ready position (as used here)
<b>Kiotsuke</b>	(key-oot-sue-kay)	Standing attention position
<b>Rei</b>	(ray)	Standing bow (as used here)
<b>Seiza</b>	(say-za)	Formal seated position
<b>Mokusu</b>	(mook-su)	A call to meditate/center oneself
<b>Matte</b>	(ma-teh)	Stop what you are doing
<b>Mushin</b>	(moo-shin)	No mind; having no expectations/presumptions
<b>Yame</b>	(ya-may)	Finish
<b>Hajime</b>	(ha-ge-may)	Begin
<b>Shibumi</b>	(she-boom-ee)	Effortless perfection
<b>Tai</b>	(tie)	Body (yours)
<b>Uke</b>	(o-key)	1) Your training partner, also the attacker 2) defensive block (with arm/hand)
<b>Tori</b>	(tor-ee)	The defender
<b>Jigotai</b>	(gee-go-tie)	Defensive posture/stance, you 'ready position'
<b>Shoden</b>	(sho-den)	First level, of learning
<b>Chuden</b>	(chew-den)	Middle level, of learning
<b>Gaden</b>	(gei-den)	High level, of learning
<b>Okuden</b>	(oo-ku-den)	Hidden or secret level, of learning
<b>Ki</b>	(key)	Spirit, energy (of/in yourself, others and surroundings)
<b>Tori/Dori</b>	(tor-ee/dor-ee)	Seizure or grab
<b>Kote</b>	(ko-teh)	Minor hand, or the wrist or forearm
<b>Katate</b>	(ka-ta-teh)	Single hand, with a
<b>Ryote</b>	(rye-o-teh)	Two (hands) on one (wrist)
<b>Morote</b>	(moor-o-teh)	Two (hands) on two (wrists)
<b>Maki</b>	(ma-key)	To roll something towards you, like a blanket
<b>Komi</b>	(co-me)	To pull something towards you
<b>Utsuri</b>	(oot-soo-ree)	Pursuing, to chase after
<b>Tsuki</b>	(sue-key)	Thrusting or straight, as in a punch or stab

<b>Tsuri</b>	(sue-ree)	Lifting motion
<b>Ude</b>	(oo-de)	Arm (body part), or sometimes the elbow
<b>Hiki</b>	(he-key)	Pulling motion, generally in the direction of existing momentum or movement
<b>Atama</b>	(a-tom-a)	Head (body part)
<b>Kao/Men</b>	(cow/men)	Head (body part)
<b>Kubi</b>	(cu-bee)	Neck (body part)
<b>Mune</b>	(moo-nee)	Chest area (body part)
<b>Kata</b>	(ka-tah)	1) shoulder (body part) 2) singular (as in single wrist grab) 3) form or technique
<b>Tekubi</b>	(tey-cu-bee)	“neck of the hand”, or wrist (body part)
<b>Yubi</b>	(you-bee)	Fingers (body part)
<b>Ube</b>	(ou-bee)	Thumb (body part)
<b>Do</b>	(dough)	Way; a specific path to unifying the mind, body and spirit
<b>Koshi</b>	(co-shee)	Hip (body part)
<b>Hiji</b>	(he-jee)	Elbow (body part)
<b>Mata</b>	(ma-tah)	Inner thigh (body part)
<b>Momo</b>	(mo-mo)	Inner thigh (body part)
<b>Hiza</b>	(he-zah)	Knee (body part)
<b>Ashikubi</b>	(a-shee-cu-bee)	“neck of the foot”, or ankle (body part)
<b>Ashi</b>	(a-shee)	Foot
<b>Ashiyubi</b>	(a-shee-you-bee)	“fingers of the foot”, or toes (body part)
<b>Eri</b>	(air-ee)	Lapels, as in of a jacket or Gi
<b>Sode</b>	(so-day)	Sleeve, as in of a jacket or Gi
<b>Judogi</b>	(jew-dough-gee)	Training uniform of Judo
<b>Obi</b>	(o-bee)	Belt worn as part of Japanese martial arts uniform

# Proper Care & Storage of Your Gi

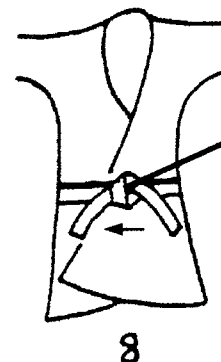
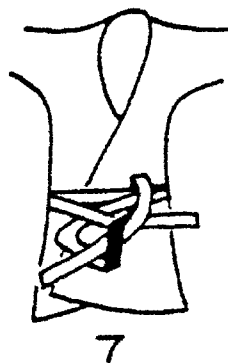
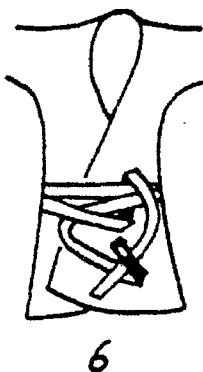
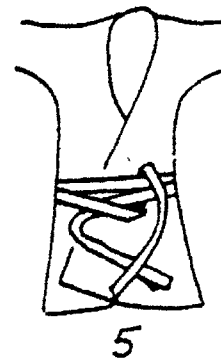
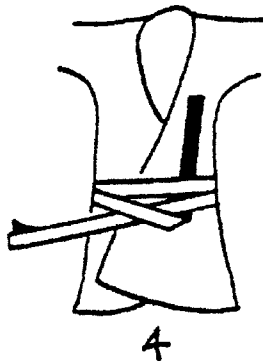
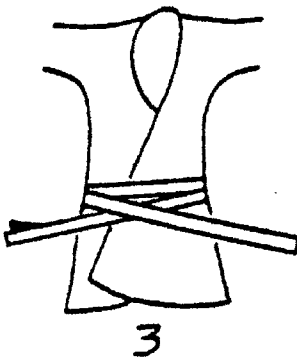
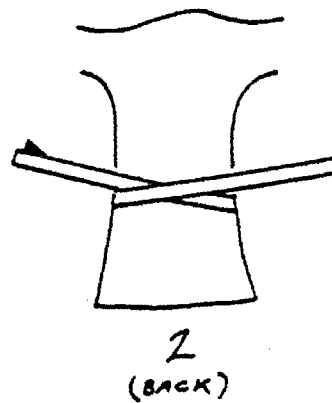
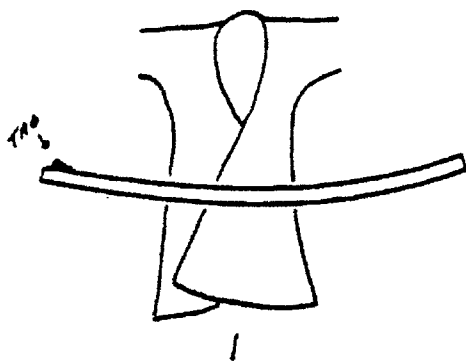
Your gi should always be kept clean and in good repair. A safe rule to follow is that if you wear your gi, you should wash it

The diagram below shows the proper way to roll up and store your gi. If you roll up your gi in this manner you will put a nice crease in the sleeves of your gi and reduce wrinkles.



# Tying The Obi

The diagram that follows shows the correct way to tie the belt (*obi*). When finished, both ends of the *obi* are the same length & hang downward. Once the knot is tightened, the outer portions of the belt behind the knot should be pulled tight, the left to the left and the right to the right, to secure the knot. If tied properly your *obi* will not come undone until you untie it. Your *obi* should be worn loose enough so that it will slide over your hips.



*Note: The small "arrow" in the knot should be pointing to your right.*