



NEWSLETTER

Lakewood Budo Kai

Summer 2026

With the days getting longer and nights shorter we welcome the beginning of summer. The school year is coming to an end, people are taking vacations, and parents are looking for activities for their children. This time of year, we always see an increase in new student enrollments in classes, especially the children's class and we are always up for the challenge.

There will be no class on July 3rd in observance of Independence Day.

Enjoy the following submitted articles. Until next time, see you on the mats.

NEWS / EVENTS

CALENDAR EVENTS

7/03 No Class Independence Day
Observed
7/10-12 Ohana in Hawaii

DOJO PROMOTIONS

Congratulations to our students who were recently promoted

CHILDREN'S CLASS

Angel Cheam
Benjamin Hardin
Nikolas Hardin
Eliana Hernandez
Mateo Orijel
Preston Sanchez

JUJITSU CLASS

Sarah Alonzo
Kali Harris
Olivia Luevanos
Khayden Robinson

“Domo Arigato Gozaimasu”

What does it mean and why do we say it at the conclusion of class?

By Russell Kelley, Sensei

In the Japanese culture, saying “Thank you” in one form or another is a very important part of everyday conversations. There are many ways of saying “Thank you” in the Japanese language all depending on who you are thanking and the situation in which you are in at the moment you say your gratitude. Here I will go over a few of them and give a short explanation on how it is properly used.

“Domo” is a quick and very casual way to say “Thanks”. It is the shortest way to say it and is a very informal way so for this reason, you should only be used with close friends.

“Arigato” sometimes spelled “Arigatou”, is a casual way to say “Thank you”. Use this phrase when you are with close friends who are the same age as you, your family, or small children.

Avoid using either of these phrases when talking with strangers, acquaintances who are older than you, when you are in a formal setting, or to people who have a higher professional status than yours.

“Domo Arigato” is a way of saying “Thank you very much”. The combination of “Domo” with “Arigato” has the effect of reinforcing the power of your thanks. Only use this expression when you are with close friends who are your age or family members. Avoid using this phrase in formal situations or with strangers.

“Arigato Gozaimasu” is a more polite and a formal way of saying “Thank you”. This is the most common form of politeness when talking to someone who has a higher professional status than yours.

“Arigatou Gozaimashita” expresses a “Thank you” in the past tense. You use this phrase when you are thanking someone for something that happened in the past or is already completed.

Now we combine all the words we have learned this creates the term “Domo Arigato Gozaimasu”. This means “Thank you very much.” This phrase adds an extra level of politeness to just your standard “Thank you”. Say this when you are in a formal setting, or when you are showing a high level of gratitude towards someone.

So why do we say it at the conclusion of class, simply showing your gratitude to not only the instructor but also to the other students in class. You are thanking the instructors for being there to teach you, you are thanking your fellow students for being there so that you have someone to train with, and most importantly you are thanking those that have come before you, because if it was not for our lineage, we might not be here.

Why Should You Take Notes of Your Martial Arts Training!

By Russell Kelley, Sensei

The practice of martial arts is not only about physical execution, but it is also deeply rooted in understanding techniques, philosophies, and strategies that contribute to becoming a proficient martial artist. Note taking transforms the way we absorb, process, and apply knowledge that we are taught. Having notes that you can easily store, and retrieve is very helpful when you need to review what you know; let alone share that knowledge when you are called upon to teach.

When I take my notes, I write it down in an old-style spiral notebook. Later, I take my notes and take the time to type my notes into my computer, then save them not only locally but also to the cloud. So, note taking can be the old-time tested act of putting pen to paper, or fingers to keyboard, it offers a myriad of advantages; below are just some of the benefits:

1. It enhances memory retention: One of the most fundamental benefits of note-taking is its impact on memory. The act of writing notes helps cement things you learn in your mind. The multiple tasks of listening to instruction, observing technique, performing technique, and writing out how the technique is done is more effective in remembering what you have learned.
2. It improves comprehension of instruction: The process of translating demonstrated instruction into written words into your own personal notes you gain a deeper level of understanding of the techniques.
3. It organizes information: Organized notes are invaluable for future reference and review, ensuring that valuable insights are preserved for future reference.
4. It facilitates effective review: Effective note-taking is essential when you are not at the dojo and want to take time to review your techniques. You just need to pull out your notes to review at your convenience.
5. It enhances learning efficiency: For students, note-taking accelerates the learning process and leads to better performance.
6. It allows you to personalize the study material: Everyone's learning style is unique. By creating your own notes, you are tailoring the material to your preferred way of understanding. For example, if you are a visual learner, then you might want to draw your notes using visual note-taking strategies. If structuring information helps you, consider using the charting method. This customization makes the learning experience more effective and enjoyable.
7. It preserves the techniques over time: Human memory can be unreliable, and important insights into a technique can fade over time. Notes serve as a reliable repository for how the techniques should be taught, performed, and preserved so that you can pass them on as you learned them.

Practicing effective note taking fosters retention, understanding, and growth within your martial arts training. By adopting various strategies, creating structured notes, and utilizing technology, you set the stage for profound personal development.

What Information Do You Put in Your Personal Martial Arts Notebook?

By Russell Kelley, Sensei

While a notebook is not a requirement at some martial art schools, at other it might be a requirement, but either way it is a reference and another way to practice martial arts as well. As you describe a technique on paper, you must perform it mentally. You must visualize your movements and those of your partner. In other words, keeping a notebook forces you to think about each technique.

The following is an example of the format I use in my personal notebook. It is based on the information I see as relevant to put in my notes. You can use this format or use it as a starting point to come up with your own format.

1. Japanese name of the technique (watch spelling closely)
2. Literal translation of the Japanese name
3. English definition or short description of the technique
4. Starting position of the technique, that is, the attack from which the technique is taken
5. Detailed description of what you do and what your partner does
6. Safety precautions, if any
7. Helpful notes
8. Anatomical or medical implications, if any
9. Variations and counters, if any

Your notebook is for you and for nobody else. It does not need to be perfect, but it should be as complete as possible, clean, organized, and what you put in it should make sense to you six months after you write it. Remember this is your personal notebook, what works for you is what is important.

SENSEI'S NOTES

Jujutsu vs. Jujitsu vs. Jiu-jitsu. What is the difference?

When it comes to the difference between Jujutsu and Jujitsu the simple answer is that Jujutsu is the original Japanese name for the type of martial art while the name Jujitsu is the phonetic misspelling of the original Japanese name. This happened because the second “u” in Jujutsu is pronounced as an “i” so when Americans wrote it down, they misspelled it and it has come the way Americans way to write the name. Now when it comes to Jiu-Jitsu this refers to Brazilian Jiu-Jitsu and this spelling is due to the Portuguese language spoken in Brazil, speakers adapted the spelling to Jiu-Jitsu, reflecting Portuguese phonetics and pronunciation rules.

Going forward when I mention Jujutsu I will be referring to both Jujutsu and Jujitsu. So, what is the differences in the martial arts themselves? Jujutsu is the traditional Japanese martial art that focuses on self-defense using a variety of techniques, while Jiu-Jitsu or Brazilian Jiu-Jitsu puts an emphasis on ground work and submission techniques. Both Jujutsu and Jiu-Jitsu teach the using of leverage and technique over strength.

Jujutsu originated in Japan during the feudal era as a battlefield Art for Samurai Warriors, designed to defeat armed and armored opponents using throws, joint locks, pins, and strikes. Its philosophy, reflected in the term ju, "gentle", and jutsu, "art" or "technique", emphasizes using an opponent's force against them rather than direct confrontation. Over centuries, Jujutsu evolved into various schools or ryū's, incorporating both armed and unarmed techniques, and influenced the development of judo, aikido, and other martial arts.

Emphasizing a wide range of techniques including strikes, throws, joint locks, pins, and some weapon defenses. Training often includes kata, pre-arranged forms, and self-defense drills, focusing on practical application in real-life situations. Centers on the principle of ju, blending with an opponent's energy, promoting harmony, balance, and adaptability in combat. Still practiced in traditional schools and self-defense programs, preserving historical techniques and philosophy.

Jiu-Jitsu, refers primarily to Brazilian Jiu-Jitsu, which developed in Brazil in the early 20th century. It was adapted primarily from Japanese Judo by Mitsuyo Maeda with some influence from Jujutsu, this was later refined by the Gracie family. Specializing in ground fighting, controlling opponents, and applying submissions like chokes and joint locks. Training emphasizes live sparring, positional drills, and competition, with a strong sport-oriented component. Widely practiced globally, especially in MMA, in sport competitions with a strong emphasis on ground grappling and submissions

While both arts share a common origin, Jujutsu remains a traditional Japanese martial art with a broad focus on self-defense and battlefield techniques, whereas Jiu-Jitsu is a modern evolution emphasizing ground fighting, and submission techniques. Both prioritizes leverage and technique over size and strength, making it effective for smaller practitioners against larger opponents. The spelling differences, Jujutsu, Jujitsu, and Jiu-Jitsu, reflect historical, linguistic, and regional adaptations.