



NEWSLETTER

Lakewood Budo Kai

Winter 2025

With December upon us we see the beginning of winter and 2025 coming to a close. Looking back, it is amazing to see how much the dojo has grown over the past year and how much our students have improved. It really has been quite a year for the dojo.

Time goes so fast that it is nice to stop and reflect on all that we have accomplished. With the coming new year we need to take the time to look back over the outgoing year and acknowledging the goals you have accomplished. Taking this information and evaluating what you have learned in order to look to the upcoming year and set new goals for yourself.

In just over a week, we will be taking a break for the holidays so that our students can spend the time with their families. Whether it is staying local or traveling we wish everyone a safe and happy holiday season

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

NEWS / EVENTS

CALENDAR EVENTS

12/17 Holiday Workout and Dinner
12/19 Annual Mat Cleaning
12/20 – 01/02 Holiday Break
No Class
01/05 First Class of 2026
01/09 No Class

DOJO PROMOTIONS

Congratulations to our students who were recently promoted

CHILDREN'S CLASS

Finn Bartels
Andrew Cazares
Oliver Escobar
Benicio Fonseca
Avarie Lim
Masson Lockett
Arish Mehia Lomeli
Lucero Emiliana Gutierrez Oropeza
Maxemiliano Rodriguez
Joaquin Slutzky
Kahinajade Washington

JUJITSU CLASS

Olivia Lueranos
Noah Moreno
Sophia Ramirez

KARATE CLASS

Mark Bowen
Bill Senner

The Martial Arts Uniform

By Russell Kelley, Sensei

The martial arts uniform is more than just a uniform, it is a symbol of tradition, discipline, and respect. Called a Gi and originally designed by Jigoro Kano the founder of Judo in the late 19th century as a practical adaptation of traditional Japanese clothing. Over time, the Gi became a staple across various martial arts and with that has evolved with slight changes to be more adapted to the different martial arts. Even though the Gi has seen adaptations to the various martial arts the Gi unifies practitioners and reflects the values of simplicity and dedication. Today, it is not just functional but also a way to honor the legacy and traditions of martial arts pioneers.

The Creation of a Practical Training Uniform

Kano realized that traditional Japanese clothing, like the kimono, was not ideal or practical for the rigorous physical demands that comes from Judo training. The loose fit and delicate material of a kimono did not meet the necessary durability or mobility needed and was not suitable to withstand the intense throws, grips, and groundwork that Judo required.

Kano drew inspiration from the uniforms worn by Japanese firefighters. Firefighters wore sturdy, rugged jackets designed to endure a lot of strain. Kano borrowed from tis design and not only created a robust jacket paired with trousers but developed the Gi to meet the physical and symbolic needs of Judo.

Three Key Adaptations made the Gi Design Revolutionary

First, was to use a more durable fabric. Unlike the delicate silk of traditional attire, using thick, reinforced cotton was a more ideal choice. The material can withstand the pulling and grappling of practice sessions.

Second, was to be able to have a more flexible fit. Tailoring the Gi to have more movement in the arms and legs ensured that the wearers could execute techniques with better ease and safety.

Thirdly, the basic uniform design. The Gi's simple, disciplined aesthetic symbolized the humility and respect that is central to martial arts training.

Parts of the Gi

Commonly just called a Gi for short, the full name is "keikogi" and traces its linguistic roots to the Japanese language. The name keikogi is derived from combining two separate words and translates as "practice clothes." The word keiko means "practice," while gi directly refers to "clothing."

The keikogi has three separate pieces to it, the jacket or top, the trousers or pants, and the belt. The top part is called the uwagi meaning a kimono-like jacket. The bottom part is called shitabaki or zubon meaning underpants or trousers/pants respectively. The belt is called an obi meaning belt or sash.

Color and Patches

Traditionally the Gi is white. The use of white represents purity, simplicity, and humility, some of the traits of a martial artist. In a traditional school each student, regardless of rank, wears a white Gi which shows their willingness to learn.

Nowadays, white is not the only color used for Gi. Gi colors vary with the most common colors used are white, black, blue, and indigo. In competitive judo, one contestant will wear a white uniform, and their opponent will wear a royal blue one. Otherwise, the standard is usually set by the school as to which color Gi to wear, if no standard is set by the school, then it is a personal preference of the individual as to what color to wear.

Patches on Gi's are a modern adaptation of the house, school, or family sigil markings that used to be displayed on a Gi. Traditionally the sigil marking was displayed so that other people know who you belong to and was usually on the left breast side of the top. Patches have replaced the sigil markings with an organization, or group patch on the left breast side of the top. Sometimes a patch representing the individuals' school will be worn on the right breast side.

Variations of the Gi for Various Martial Arts

Over time the Gi has undergone many adapted to suit the different requirements of various martial art styles. Each variation is tailored to meet the requirements of the techniques of the specific practice. This adaptability ensures that practitioners can perform at their best in their martial art of study.

Karate: Lightweight fabric, shorter sleeves, and pants, and looser fit.

Brazilian Jui-Jitsu: Longer sleeves, thicker material, and tailored fit.

Aikido: Lightweight with balance of durability for gripping and flowing movements.

Each variation demonstrates the adaptability of the Gi, molded by each martial art's unique requirements. The Gi remains a versatile uniform able to be tailored to fit the specific demands of the various every martial arts of the world.

Minor Adjustments, Repetition, and Consistency Leads to Greater Success

By Narin Rath

Danzan Ryu Jujitsu is a traditional Japanese martial art for self-defense and is unknown to a majority of Americans. Saying "Jujitsu," however, will have one think of Brazilian JiuJitsu, or BJJ, which is more popular in the States due to its utilization in Mixed Martial Arts, or MMA, and Ultimate Fighting Championship, or UFC. With that in mind, new students enrolled to Lakewood Budo Kai, from my observation and understanding, expect to be in BJJ rather than the unknown Danzan Ryu Jujitsu. The former focuses extensively on grappling and submissions on the ground, while the latter focuses more on staying on one's feet, using escapes and throws. There are grappling and submissions on the ground, but less frequent than BJJ. Likewise, Danzan Ryu Jujitsu is more similar to Judo with throwing, but Judo has more variations of throws. All these martial arts are great in their own respective rights. Unsurprisingly, I respect

the student's decision to do another martial art after trying Danzan Ryu. Nonetheless, new students may expect to spar with another, but that is far from the case. Lakewood Budo Kai teaches students in a static position with another student where repetition is used.

By teaching in a repetitious manner, the student instills the technique to become second-nature. At some point, the student will become bored and question the purpose of the repetitiveness. As a Danzan Ryu practitioner, or Jujitsuka, for three years and ongoing, I would encourage students to continue despite the boredom and the repetition. As Bruce Lee once said, "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced the kick 10,000 times," and I agree. My techniques have improved and become faster in its execution. However, I could not have done it myself. With the assistance of other sensei's, minor adjustments were made throughout the process because bad habits can create difficulties or setbacks when performing techniques. It is important to not only pay attention and listen to the sensei's instruction, but to also not be afraid of making mistakes when incorporating the new adjustments.

Mistakes, or failures to some, is part of the learning process, and will ultimately lead to success. Moreover, expecting to perfect a technique in one or two hours is overzealous in oneself. Once again, repetition and minor adjustments to technique are key. Realistically speaking, perfection is unattainable, but intrinsically motivating oneself to become better will the Jujitsuka come close to perfection. That is the "art" in martial arts. This then begs the question by an observing outsider, "How is Danzan Ryu Jujitsu practical in a real-life scenario where the attacker will not be standing in one position, waiting for the defender to perform the technique?" Or maybe a Jujitsuka will ask, "When are we going to spar?" My answer to that would be when the Jujitsuka consistently comes to class and is adequate with their rolls and falls.

Learning to fall may be bizarre, unnatural, and frightening, but it is important in Danzan Ryu as throwing a Jujitsuka is part of the curriculum. Part of Lakewood Budo Kai's goal is to minimize injury. Thus, being adequate with rolling and falling can prevent that. Of course, when

watching a higher ranked Jujitsuka fall, it is intimidating and fascinating, as weird as that may be, but that Jujitsuka began with the fear of falling. The Jujitsuka overcame that fear over time by being consistent, and just like in other aspects of life, consistency is key. A new Jujitsuka is taught the basics of rolling and falling and are gradually encouraged to improve, overcoming fears that may arise. Once the Jujitsuka is consistent, gains confidence, and is adequate with their rolls and falls will a sensei decide to allow for sparring or to wait until a higher rank.

Nonetheless, I encourage my fellow Jujitsukas to stay consistent, perform techniques with repetition, and to be open with minor adjustments as a way to improve. Sparring will be done at a later rank or in the future where the sensei sees consistency and progression. Furthermore, have fun, but escape, throw, and perform submissions with intent, albeit with control. One would not want to injure their partner as comradery is important as one ranks up. I can assure you with this in mind, the more interesting and fun techniques are yet to come. There are a lot to learn and Danzan Ryu Jujitsu is a great first martial art a student can master.



The Chinese New Year!!

The Lunar New Year in 2026 welcomes the Year of the Horse, according to the Chinese lunar calendar. Celebrated by millions around the world, this is a time for cultural traditions, family reunions, and hopes for good fortune in the coming year.

In 2026, Lunar New Year falls on February 17th kicking off the 16day Spring Festival. As we leave behind the introspective and intuitive Year of the Snake, the Year of the Horse gallops in with vibrant and fiery energy, symbolizing adventure, vitality, and momentum.

This festival is celebrated worldwide, particularly in Asian countries like China. Festivities include red decorations, elaborate meals, thorough cleaning of homes, and visiting family.

A major tradition involves lighting firecrackers, originating from the legend of the monster Nian. According to legend, Nian was a terrifying beast with sharp teeth and horns, living deep in the sea. Every Lunar New Year's Eve, Nian would come ashore to wreak havoc in the villages. Rooted in ancient mythology, the traditions of decorating and wearing red, and setting off fireworks are more popular than ever.

One year, the villagers discovered that Nian feared the color red and loud noises. To protect themselves, they hung red decorations and lit firecrackers to scare the monster away. The strategy worked, and Nian was driven back to the sea.

This story explains two important traditions, hanging red decorations and lighting firecrackers, representing victory over evil and a fresh start to the year.

SENSEI'S NOTES

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. 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: 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: 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.