

A white martial arts gi (uniform) is laid out on a light-colored wooden floor. A black belt is draped over the gi, forming a large loop. The gi has a textured, ribbed fabric. A semi-transparent teal rectangle is overlaid on the upper part of the image, containing white text.

# A True Black Belt - Do you have what it takes?

ebook author-RMS

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Self-defence is unlike anything else humans train for. Unlike engineering or architecture, you can't have any idea of the problem you need to solve. An engineer knows if he will be building a bridge or a tunnel. In a Self-defence scenario you simply never know what you will be facing – a rape attempt? A kidnapping? A knife attack?

If you are attacked the only obstacle you face is time, slow time down and you will always be victorious.

However, we don't have the reflexes of a fly, live in the Matrix or have the speed of the famous Bruce Lee.

In the real world an attacker will pick you when you are injured, tired or distracted. You can't count on lightning fast footwork or unimpeded movement. If the predator gets the first move, and that's a good bet, you will have to start defending yourself with a disadvantage and possibly an injury.

In September Kesshin Kai Martial Arts will be running specially designed courses to help vulnerable persons deal with future Self-defence situations.



Kesshin Kai is delighted to announce Joel Milner has successfully achieved his Senior Brown Belt in Ju Jitsu at Kesshin Kai HQ Headquarters Windermere.

Joel first came to Kesshin Kai at the age of 13 and has trained hard for many years, attending classes twice a week for 4 years and many weekend workshops.

Senior Brown Belt is a big achievement and a hard level to pass. **Joel Milner** passed with a high pass rate.

# A Black Belt is a White Belt that never quits!

Sensei R.Smith says 'A very proud day at Kesshin Kai for what I consider to be a major stepping stone, on what I hope is a life long journey for Joel Milner.'

Joel has also achieved his Level 1 in coaching and Level 1 Refereeing.

Alongside this Joel also performed his Blue and White belt level with Molly Thackway in support.

Molly, aged 13 years, has been training for two years and entered the World Kobudo Championships Last Year and gained 3rd Place. Molly passed at a very high level and completed over 2000 strikes on top of her Ju-Jitsu techniques.

The hard work really starts now for Joel to complete his Black Belt in Ju-Jitsu.

As well as attending the regular workshops with the other Kyu grades, 2- 3 times weekly sessions, 3 extra Black Belt training weekends are required to prepare him with the experience both mentally and physically to attain his Black Belt.

Accompanying him on this new journey is dedicated Uke (partner) **Stanley Gough**. Another true and dedicated, competent student that has been training at #kesshinkai for 8 years.

Stanley, aged 16 years, has previously completed his Ju-Jitsu Black and White Belt (Junior Black Belt). He has now been accepted on the training for his Senior Black Belt Level in November 2017.

[A True Black Belt - Do you have what it takes?](#)

**A Black Belt is Not something you wear,  
It's something you become!**

# It's something you become!

Future prospects for both Stanley and Joel include continuing with the coaching programme they started last year. If they demonstrate the training, commitment and dedication needed to be a Martial Arts Coach, Kesshin Kai will support them in opening a club at their chosen University.

October 2017 marks the 20th Anniversary Ju-Jitsu was first opened to the public in south Cumbria. It originally opened in 1997 for the students at Charlotte Mason College 99 years after Jujutsu arrived in the West from one Edward William Barton-Wright, an engineer who had returned to England in 1898 after completing a job in Japan. On his return he announced that he had devised a new concept in fighting, having done other arts like Boxing, Savate and Wrestling. He called the new art Bartitsu, using his own name as part of the word Jiu-jitsu.

## Courses

**If you or someone you know would like to try out one of our NEW! Martial Arts Courses starting in September some of which include.**

- #sportnunchaku for beginners
- Self defence that works Level 1
- Parents and Foxes Ju-Jitsu (parents go free)
- Mum's Self defence (day class)
- One Day Workshop - Self Defence that works Level 1
- Tiger Ju-Jitsu Classes 5+
- Adult beginners Ju-Jitsu Classes
- Family Sport Nunchaku Classes
- Sport Nunchaku 5+ Classes
- Adult Sport Nunchaku Classes
- Special Discounts on Family Classes and Joining Packages

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Please contact Sensei Richard Smith on 07718530346 for details.

world-ju-jitsu.com - Facebook.com/kesshinkai