

**HOMESCHOOL
TECHNICAL STUDY GUIDE**
Sept 2024 ~ March 2025

リク 先生



Ninja Kids Dojo

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ABOUT THE NINJA

Who we know today as The Ninja come from the Iga and Koga regions (today's central Kii Peninsula). They were concealed in the Suzuka mountain range. Today, you can visit Iga-Ueno, located between Osaka and Kyoto. Iga and Koga were located near the port of Sakai. In Sakai, many cultures meet, and maybe this influence also helped the development of Ninjutsu.

According to the records of Togakure ryuu, 73 ninja ryuu have existed throughout its history. Some main schools were: Negishi ryuu, Shirai ryuu. Shinto ryuu and Hakuun ryuu. From which schools like Togakure ryuu, Koushu ryuu, Kisho ryuu, Minamoto ryuu, Genjitu ryuu, Ryumon ryuu, Tenton happou ryuu and Goton juppo ryuu are said to be derived. Iga and Koga ryuu survived, gained a reputation, and were welcomed by the Tokugawa govt.

When Ninja were not active (at war), they worked as regular merchants, farmers, fishermen, doctors, and pharmacists (medicine sellers). It was very important for Ninja to keep their identity secret, or they would put their lives at risk, so their identity was secret.

Ninja's primary role was to gather information. During peacetime, this information was used/gathered to maintain peace. Back then, there were no radios, TV, or Internet, so it took many days for someone in Tokyo to know what was happening in Osaka. During the Warring States Period, Ninja gathered information for Daimyo, so before going to battle, they could use this information to assess the enemy's capacity, weakness, etc.

WHAT IS NINPO KOBUJUTSU

Ninpo Kobujutsu is the name I use to refer to my knowledge and experience of Ninpo and Ninjutsu. When I started learning Ninjutsu back in 1985, people just referred to the martial art as Ninjutsu. I was fortunate enough to get close to Masaaki Hatsumi, said to be the last living ninja and a Cultural Living Treasure of Japan (awarded by Japan's Ministry of Culture).

I was Hatsumi Sensei's translator (English to Spanish and vice versa) for 12 years. Not only that, but I traveled to Japan some 22 times, on trips that went from 10 days to 6 weeks. Later, I asked Sensei permission to spend some time in Japan and applied for a cultural visa with the Japanese Government. I spent around 4 years studying this wonderful martial art, sometimes returning home for a few weeks.

There are many types of martial arts, Kobujutsu is probably the most antique and traditional of all, in the West, and even many Japanese people consider sportive martial arts (competition) as forms of Budo. Budo, Kobudō (old Budo), and Kobujutsu (original form, used when people had to fight to survive) are cultural developments, not sports.

In Japan, Hatsumi Sensei retired in December 2019 and passed on his titles to top Japanese students. In 2020 and 2021, the CCP virus and the psyops that led to what we now know as the 'Post-Truth Era' affected the whole world. Until then, I was a member of the International (and Honbu Dojo) Instructor's Association. Due to my views and activism in countering the official globalist nonsense (New World Order), I left my Sensei's world organization because I do not want my postures, opinions, or actions to negatively impact Hatsumi Sensei's world organization.

The name some Japanese top instructors use for our martial art is Kobudō Ninpo Taijutsu. I used this name until 2021, when I named my interpretation of the martial art: Ninpo Kobujutsu. The difference between Kobudō and Kobujutsu is that Do means a spiritual path, and jutsu is technique. I have developed my own interpretation (not a system), counting that people who learn it will maybe have to use the knowledge and experience to survive in real life. Do, or do-u, is a path to enlightenment or to obtain high-level knowledge of oneself and the Universe. Aikido, Kyudo ...

Ninja Kids Dojo is any kids' lesson in any valid Ninpo or Ninjutsu dojo (wherever in the world)- I use Rick Sensei's Ninja Kids Dojo for respect to my colleagues, I am not the best or the most knowledgeable or the main guy. My Ninja Kids today is mainly aimed at homeschooling families. I keep a low profile because I aim to offer my martial art mainly to Christian, God Loving families and any other family that values life and follows the path of Good and Justice.

ORIGINS OF NINPŌ AND BUDO

古武術 Kobujutsu: ancient ryuu whose techniques are those of life-and death combat and usually end with the opponent neutralized.

古武道 Kobudō: Ancient jutsu 流 'technique' that was coded into schools and became an art.

武道 Budou: The Way of the Warrior

The development of what we know today as Budou can be traced through Japanese history. I'll try to simplify and resume here with what I know and as I understand it. Chapter 2 of this book is exclusively dedicated to Japan's history and Budou.

A simple way to describe Kobujutsu is that the fight ends with one of the opponents dead (symbolic in training). Kobudou refers to the ancient forms of martial arts that have been preserved and still retain the essence of real combat. Budou is a dou (path / way) with spiritual, ethical, and moral values as a contrast to modern martial arts, which have become sport type with rules and more rigid forms.

The first forms of Kobudō can be traced to before the Heian Period. In ancient times (1084–1550). Some ryuu, like Togakure Ryuu or Gyokko Ryu are almost 1,000 years old. Old samurai schools like the Takeda Ryuu and many others have also survived; having been handed from sōke to sōke, Togakure Ryuu is now in its 35th generation.

When Bujutsu was no longer used to fight wars, it became somewhat fashionable for samurai to live exemplary lives based on justice, ethical values, and a rich spiritual life. A very strict observation of manners and hygiene, as well as a dedication to the arts and poetry.

There was a time when Budou was not well known, and very few people practiced it. In the Japanese-Russo war (1904–1905), many of the Japanese soldiers recruited were ill-prepared for combat. Only officers who had practiced Budou and/or were from samurai lineage were able to perform well, so authorities decided to reinstate the practice of Budou. Today, starting from primary education, in many Japanese public schools, you will find Judo, Kendo, Kyudo and sometimes Karate as part of their education.

Budo usually refers to samurai arts, while Ninjutsu and Ninpō refer to ninja arts. Both samurai and ninja were warriors who lived and fought for several centuries in Japan until 3 warlords finally united the country. The one man who finally unified Japan and ended internal warfare between samurai lords and clans, the Tokugawa, ruled Japan for almost 300 years as a shogunate.

18 TRAINING & EXPERTISE AREAS OF THE NINJA

- 精神的教養 **SEISHIN TEKI KYOYO** (spiritual refinement)
- 体術 **TAIJUTSU** (unarmed combat)
- 忍者刀 **NINJA KEN** (swordmanship)
- 槍術 Yari [Sōjutsu] (spearmanship)
- 薙刀 Naginata (naginata and bisento)
- 棒術 **BŌJUTSU** (stick fighting)
- 火遁の術 **KATON NO JUTSU** (use of fire and gunpowder)
- 鎖鎌 Kusarigama (chain and sickle)
- 手裏剣術 **SHURIKENJUTSU** (art of using shuriken)
- 騎射術 Kishajutsu (bow and arrow from horse)
- 水遁の術 **SUITON NO JUTSU** (water techniques)
- 変装術 Hensōjutsu (arts of disguise)
- 忍び歩き **SHINOBI ARUKI** (secret ninja walk method)
- 隠遁術 **INTON JUTSU** (escape and penetration)
- 謀略 **BŌRYAKU** (ninja strategy)
- 諜報 Chōhō (espionage, info gathering)
- 気象学 **KISHŌGAKU** (meteorology)
- 地文 **CHIMON** (physiography, typography)

NINPO KOBUJUTSU GRADING SYSTEM

Traditional styles prioritize technical mastery, moral character, and spiritual development, whereas modern styles emphasize physical conditioning, competition, and athletic performance. Ninpo Kobujutsu is a traditional form of martial (military) art.

In Japanese martial arts, the Kyuu and Dan ranking systems originated from the Japanese education system. The system was introduced by Jigoro Kano, the founder of Judo, in the late 19th century. Initially, the Dan ranks were awarded based on a student's technical proficiency, physical conditioning, and moral character. The Kyuu ranks, on the other hand, were considered preparatory stages for the Dan ranks.

Ninja Kids Dojo Homeschool is based on Ninpo Kobujutsu. In normal circumstances, it takes 3 years to reach the 1st Dan, the initial black belt level. Grades are a consequence of the level of enthusiasm, dedication, and devotion of a practitioner. Since this is a system for both children and parents or tutors, grades are awarded to both.

We count on parents (homeschool) teaching the children. Through texts and videos, both parents and kids strive to get to a point where the martial arts become part of them. Also, so they can feel confident enough to use what has been learned to face difficulties in life and later even become instructors. A homeschool parent, becomes a grandparent and can also help children in the neighborhood.

GRADES ARE AS FOLLOWS:

Kyuu: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1—each kyuu is 3 months (descending order).

Dan adults: 1, 2, 3, 4, (5th Dan is the Sakki test done by a 10th Dan)—at least 1 year from one Dan to another. From 6th to 10th Dan grades are mostly awarded as merit for years of training and civic, law enforcement, medical and military actions in pro of the community or country.

Dan for children: highest Dan is 2nd Dan (merits).

Uniform and belts: Comfortable clothes. Boys: yellow belt (kyuu), black belt (Dan), Girls: red belt (kyuu), red or black belt (Dan).

This text covers the first 6 months (10th and 9th Kyuu).

10TH KYUU

TAIJUTSU	Kamae	Seiza, suwarigata, senban, tora, hira ichimonji, ichimonji.
	Sabaki	Happo sabaki.
	Tobi	Happo tobi.
	Mutoudori	Use kamae, sabaki and tobu to evade strikes.
	Tsuki	Tsuki from ichimonji.
	Keri	Zenpo geri.
	Ukemi	Zenpo ukemi, ushiro ukemi.
NINJA KEN	KAMAE	Hira, dai jodan.
	IAI	Seiza kara.
	KENJUTSU	Ten chi giri, yoko giri.
BOJUTSU	KAMAE	Hira ichimonji no kamae.
	UCHI	Naname wake uchi.
SHURIKEN	KAMAE	Senban no kamae (from suwarigata).
	NAGERU	Horizontal.

9TH KYUU

TAIJUTSU	Kamae	Nageuchi, doko.
	Sabaki	Tai sabaki.
	Tobi	TenChi tobi.
	Mutoudori	Use kamae, sabaki, tobu and kaiten to evade strikes.
	Tsuki	Oie, gyaku, kitzami.
	Keri	Koho geri, keri nuki.
	Ukeru	Jodan Uke, gedan uke.
	Ukemi	Yoko ukemi, mae ukemi.
	Kaiten	Initial side roll from squat / hira.
NINJA KEN	KAMAE	Seigan no kamae.
	IAI	Hira kara (horizontal, vertical)
KENJUTSU		Tsuki.
BOJUTSU	KAMAE	Seigan no kamae.
	UCHI	Tsuki ryote, katate.
SHURIKEN	KAMAE	Senban no kamae (standing).
	NAGERU	Horizontal.

精神的教養 SEISHIN TEKI KYOYŌ “SPIRITUAL REFINEMENT”

There was a time when Ninjutsu evolved into Ninpō; Ninja observed that there could be no fighting without a link to Heavenly and human principles.

THE FIVE PRECEPTS OF THE NINJA by Hatsumi Sensei, 34rd Sōke

- Forget all your sadness, resentments, anger and hatred. Let them pass like smoke in the wind, and do not let yourself be carried away by those winds.
- Do not deviate from the path of good. You must lead a decent life. Only those who can distinguish good from evil can develop spiritual strength.
- Don't let ambition, lust or ego take possession of your soul. If you learn Martial Arts only to satisfy your own interests, you run the danger of being controlled by these three desires, even if you have acquired a high degree in Martial Arts; But these three desires not only affect the Budoka, but also Humanity in general.
- We must accept sadness, hatred or sorrow when they come and consider them as a test sent to us by the Almighty, since the noblest spirit of Ninpō is to take everything as if it were a blessing from Mother Nature.
- Concentrate all your time and mind on the practice of Budō and your mind immersed in Bujutsu. If one confuses spiritual enlightenment with its own satisfaction, one falls into the danger of acting like human beings and beasts at the same time.

If you focus on following these ancient rules, you will avoid attacks from evil people, whether they are friends or family. You will create a strong spirit and by staying on the right path you can be a great man. When you find yourself surrounded by these types of situations or people, prepare yourself to believe that they have been sent by God as a test.

THE ESSENCE OF NINJUTSU by Takamatsu Sensei, 33rd Sōke

MEDICINE saves lives; unwisely applied, it can do a lot of damage or kill.

EATING and DRINKING are necessary for survival, excessive food and drink will get you ill.

POLITICIANS and WORLD LEADERS have the responsibility to protect, govern, and do the best for their respective countries. When these become corrupt, get filled with selfishness, or just look out for their own interests, they can lead a country to ruin and war.

RELIGION when based on sincere faith, puts individuals under the grace of God, bringing happiness to families and positive elements to societies. If a religion loses its objectives and initial approaches, it will lead not only individuals to ruin, but it can even send the whole country to ruin and disaster.

MARTIAL ARTS can also become corrupted; when too much attention is given to etiquette and formalities, which lose their value and human aspect. This can be seen throughout the history of cultural development.

This essay written in the mid 1900's seems to perfectly describe world's problems and needs of today.

SHIKIN HARAMITSU DAIKOMYO - Prayer at the beginning and end of a lesson

Shikin: it is the feeling and harmony that we perceive through the sense of listening and heart. It is also the creative result of the union of opposites: yin/yang, male/female, day/night.

Haramitsu: Also known in Sanskrit as Pāramitā, which is the Buddha Satori, or the permanent state of spiritual awakening that transcends the limitations of life and death. The general idea of the 6 Pāramitā is being free to feel hatred, jealousy, and generate resistance in a relationship with the world around us. The idea of Hatsumi Sensei promotes honesty, loyalty, and faithfulness.

Daikomyo: In Buddhism, this is the great and resplendent light of Buddha. For us, it is our interior towards the exterior lighting. This can be experienced as the light of our hearts by acting on the physical plane.



WORLD WAR III - 5TH GEN WARFARE (OCTOBER 29, 2023)

The word war takes me back to watching WW2 documentaries, reading about battlefields and history class in HS. The Utility of Force (book by General Rupert [a rupert] Smith) about the transformation of war types and scenarios opened my mind and prepared me to learn about the type of war we are living at present.

Yesterday I watched Mr. Netanyahu's speech that marks the new phase in 2023 Israel / Palestine War. We expected a massive incursion and quick result, thus ending present hostilities ASAP. Prayers for all those affected, independent of side. Looking at the level of destruction in Gaza and the super tough task IDF has so they take away Hamas' destructive capabilities, this war will be prolonged and will cause many side effects - Iran and Hamas had the October 7 planned, months maybe years.

China's CCP marked the real beginning of present world war after they saw the opportunity of getting back and weakening the West after President Trump's sanctions. CCP and globalists like the WEF used COVID to accelerate their agendas. Trump's vision of America First was regaining momentum and some countries were ready to follow path.

There are several players involved, some are countries other are power groups and companies along with statesmen, media owners and other. Monopoly and control are main goals, fabricated 'pandemia', 'climate change', economic control and wars their methods.

They are rather strange bed fellows! Each one believing that in the end will stab the others in the back and will remain as a one power. CCP wants to be world premium power by 2050, WEF wants a 2030 agenda and a 1 world government, Iran wants the Islamization of the world,

So, inflation as a result of COVID lockdowns, mishandling, a stolen election in the US, oil prices rising, media manipulation, a war on fresh food to favor multinational food giants and of course the implantation of electric vehicles and climate friendly BS.

As war progresses thru different spots: Ukraine, Middle East, imminent Taiwan and maybe others, we will not see major battle outbreaks in our backyards, but jihadee have a snack bar loons are back in business, riots and protests, social division, food shortages and illegal immigrant rebellions / crime will / have become a reality in almost every part / area.

Add the fact that some 20% of 1st world countries' population consumes one or other type of illegal drug, now with Fentanyl (Mexican Cartels, CCP and US gangs / Cartels) topping the list killing and maiming thousands.

We, the resistance (like in occupied WW2 Europe) are awakening, uniting, learning facts and learning options and ways to fight back. WW3 is here, has been for some time. This time the enemy has no flag or face, behind the push are the forces of Evil and human greed.

This will not be a spectacular war with fireworks and medal earning heroes, heroes are mamma & papa bears fighting from each home that still has God and common sense values. Also individuals in alt. media, religion, education and other areas. Not to forget insiders in agencies, military, LE that will make a difference and not go along when top echelon is part of the problem.

Financial crisis, mass media manipulation and lies, evil in schools, degeneration and wars are part of this new type of war. This is a physical, mental and spiritual type of warfare. We need to see the big picture and stop division and BS between us! Remember: 'divide and conquer' is what enemy wants. We, who fight side by side may not like each other, but in order to defeat such a formidable enemy we must walk and fight shoulder to shoulder.

IMPARTIALITY

The only way to start to understand Israel, Palestine, or any similar conflict is to first be able to see things in an impartial manner. Then, you start (from the beginning) dividing by side and making notes on facts and arguments (of both, without exception). In the end, after reviewing, studying, and reflecting upon information, your thoughts, and what your gut tells you, you can draw some type of conclusion. I mostly see Jew-haters on one side and pro-Zionists on the other. Then a journalist or media outlet that is either favorable to one or the other. Propaganda at its best is boring and useless ...

HONESTY AND HUMBLENESS

I've gotten rid of hate and don't fear (phobia) people who are different and / or who've chosen a different path and who I consider degenerated, evil or corrupt. Not happy with modern society, woke nonsense and with 'diversity' I have created my own little world in which I live unbothered and without bothering anyone else.

Not happy with martial arts politics, I have decided to form my own school; I do martial arts first for myself and then to share with others. Am not looking for fame or fortune, couldn't care less for any of these. I've learnt to do as I say and to follow God's righteous path. From me and my developments and ideas, take that which will help you, but never try to be me or like me. Don't follow me - follow Jesus Christ. I don't follow, praise or glorify any other human being - God created us all equal.

Some people are born leaders, some people are meant to be part of a group, I choose not to lead or follow - I stand by myself, yet am willing to help and / or work alongside anyone who wants the best for our world and Universe.

In other words: I don't care what anyone thinks about me, leave me alone and show respect - I'll do the same, or we can work together (each being his / her own) for a better future for the next generations.

PREMONITIONS AND THE UNION OF SELF AND KUU (VOID)

2 weeks ago, I was doing some kata (forms) on the beachside. One of my training circuits involves cycling from home to the train station, taking the train to another town, getting off, and cycling along the beachside to another town. I stop and do some martial arts training, swim in the sea, and cycle to my destination. There, I walk up a steep hill, cycle to the train station, take a train, and ride from the local station to home.

While doing the zanshin-no-kata or sanshin-no-kata, I felt the earth (soil or ground), then the water (sea), fire (Mediterranean July Sun), and when I got to Kaze-no-kata (wind or air), I closed my eyes and did the Kuji (ritual gestures to ward off evil and, in this case, to become part of an element) Hatsumi Sensei taught me (Fuu kuji). I waited and hoped to be in harmony with or in contact with God and the Universe, and that I would feel some wind; there was no wind when I started.

Wind started to blow, Lighting my spirit, mind, and soul with some teardrops falling since it is another symbol and time when God (through The Holy Spirit) is confirming what I know: God Loves us, and I feel Loved, protected and in some way vindicated since Lucifer and his minions do a good job at trying to get us away from Him and many times I share my feelings and Faith with other Christians in order to make the flame of Faith and hope grow because sometimes life is very hard.

Lately I am getting some premonition flashbacks; I am living something, and I recall having dreamt it before. Sometimes, I know something will follow, and it does. The other day, when I remembered seeing my father's ghost (as an angel) two or three days after he was assassinated, I ran to my middle brother's room and told him what I had seen. My life is full of episodes like this. I've seen Lucifer stare into my eyes — something I will never forget.

rick Sensei, 10th Dan
優秀 **Shihan** [#PureBlood](#)

体術 TAIJUTSU “THE BODY AS A WEAPON”

体変術 TAIHENJUTSU

Kamae (postures),
Sabaki (footwork),
Ukemi (breakfalls),
Kaiten (rolls),
Shihou Tenchi Tobi (leaps).

基本型 KIHON KATA

Mutoudori kata (attacker disarm),
Zanshin no kata (5 elements),
Kihon Happou (8 essential kata),
Koku no Kata.

だ剣体術 DAKENTAIJUTSU

JyuKenRoppo (body weapons),
Nagare (striking dynamics),
Uke (blocks),
Kyuusho (vital points),
Koto waza (structure attack).

CONCEPTS

Omote & Ura, Distance, Dimensions,
Shizen-gyou-un-ruisui (natural flow),
Kentai-icho-jo (using whole body),
Moguri (leverage).

柔体術 JYUTAIJUTSU

Kuzushi gata (breaking oponent's balance),
Tehoudoki (wrist hold release),
Taihodouki (body hold release)
Gyaku gi (applying reverse pressure on joints),
Nage kata (throwing an opponent),
Torite kihon kata (pinning oponent to the ground)
Ryusuiki (sutemi),
Kudaki (counter techniques).

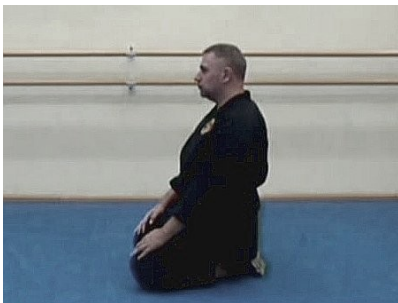
KAMAE "FIGHTING STANCES"

Kamae go beyond (postures / stances) or formal ways of positioning the body, trunk and joints. Kamae can be seen as the physical personification of what we feel. They can also be described as a reflection of the union between body and mind. Each body has its own muscular nature and physiognomy; That's why each individual generates his / her own interpretation of a kamae, they reflect one's character and personality.

Each individual's body has its own peculiar characteristics, so therefore kamae is mostly a suggestion or guidance. The most advanced position can be described as the "non combat posture". Kamae can be grouped into: wait/observe, defensive or attack, yet they can be used in different ways; Hatsumi Sensei referred to kamae as 1 frame of a movie meaning that each photo gram of the film (technique) is a kamae.

Things to consider: posture is the way a person holds and positions their body while stance is the manner, posture, or pose in which one stands. In KNT kamae refers to both (physical body positioning and the attitude and feeling).

10th Kyuu



Seiza



Suwarigata



Senban



Tora (tiger)



Hira Ichimonji



Ichimonji

9th Kyuu



Nageuchi



Doko



Hoko

SABAKI "FOOTWORK"

Sabaki gata is a key element, it is used to adjust your distance in order to get closer or get away from the opponent(s). In this case sabaki mostly refers to footwork in combat. Together with body shifts and changes, sabaki is used in both empty hand and armed combat.

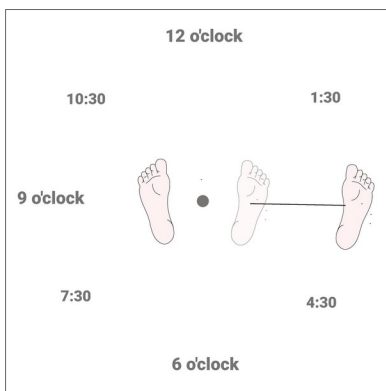
10th Kyuu

HAPPO TOBI: SHIHO + NANAME.

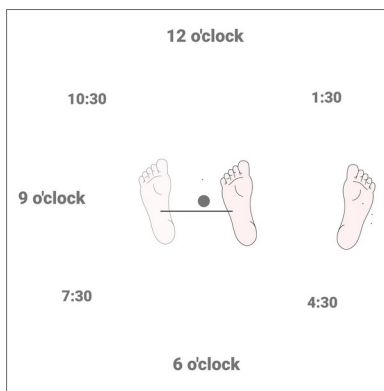
SHIHŌ: Migi (right), Hidari (left), Zenpou (front), Kohou (back).

NANAME: Ushiro migi (back right), Ushiro hidari (back left), Mae migi (front right), Mae hidari (front left).

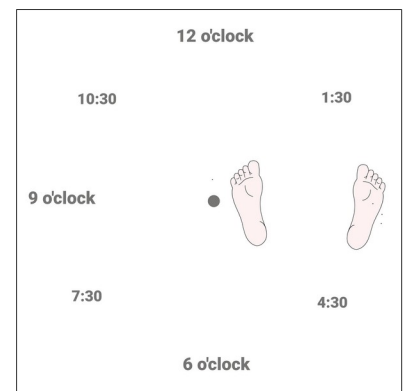
Migi Sabaki



1 - right foot to 3 o'clock

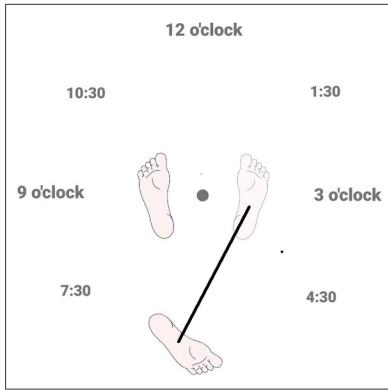


2 - adjust left foot

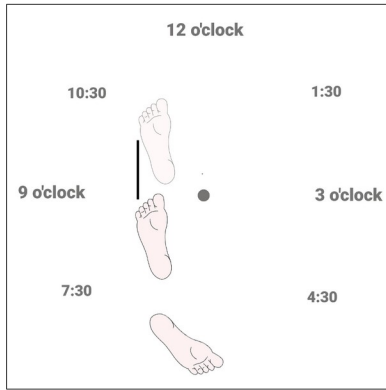


3 - regain full balance

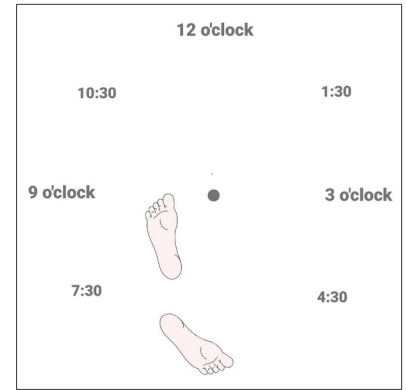
Kohou Sabaki (migi)



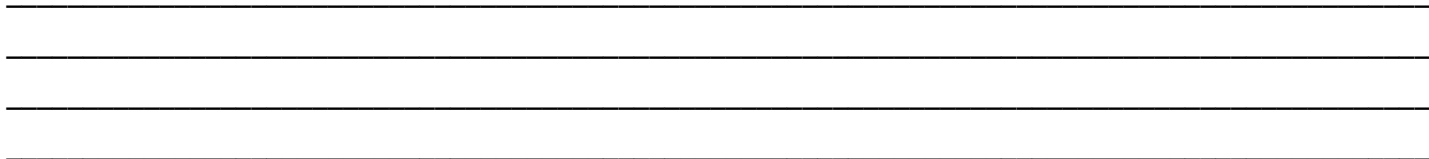
1 - slide back to 6:00



2 - adjust left foot



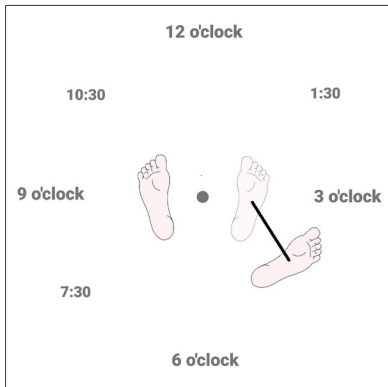
3 - regain full balance



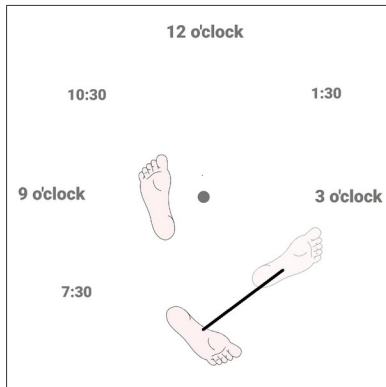
9th Kyuu

MAWASHI 'TAI SABAKI': Migi (right), Hidari (left)

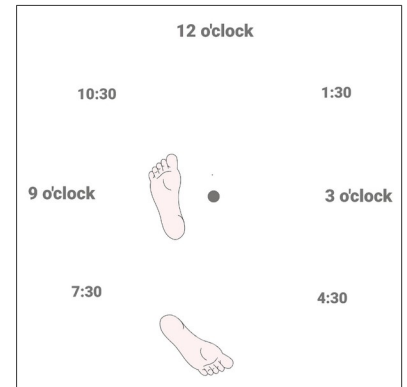
Mawashi Sabaki (migi)



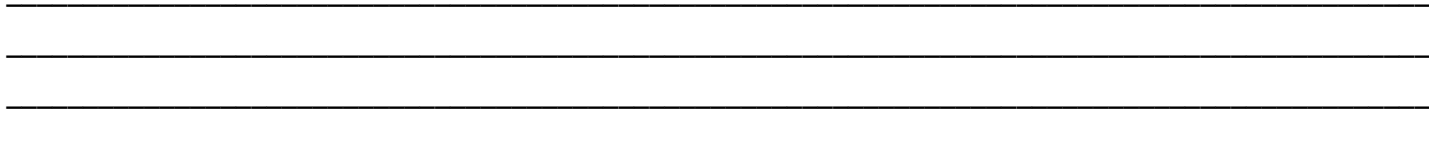
1 - slide right to 4:30



2 - right foot to 6:00



3 - regain full balance



TOBI "TO LEAP, FLY"

While performing tobi, keep feet well together, jump at ground level and be aware of uneven or unstable surfaces, balancing the body and immediately returning back into balance and stability after leaping.



ten tobi



chi tobi



migi tobi

10th Kyuu

HAPPO TOBI: SHIHO + NANAME.

SHIHŌ: Migu (right), Hidari (left), Zenpou (front), Kohou (back).

NANAME: Ushiro migu (back right), Ushiro hidari (back left), Mae migu (front right), Mae hidari (front left).

9th Kyuu

TEN-CHI TOBI

TEN TOBI (upwards), **CHI TOBI** (downwards).

MUTOUDORI "EVADE & DISARM"

10th and 9th KYUU

Mutoudori "Evade and disarm opponent": evade (kicks and punches), evade and disarm (sticks and objects).



kick



long stick



knife

Mutoudori "Evade and disarm opponent": grabs and throws, knives and sharp objects, long weapons and swords.



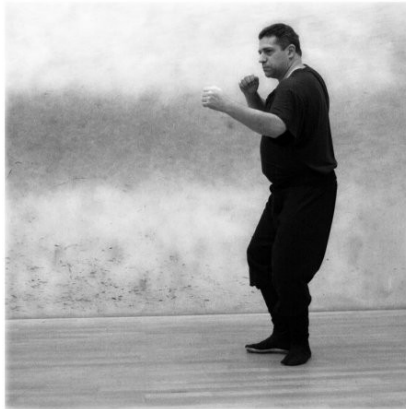
TSUKI "PUNCH"

10th Kyuu – Tsuki from ichimonji.

9th Kyuu – Oie tsuki, gyaku tsuki, kitzami tsuki.



from ichimonji



taking a step



punch

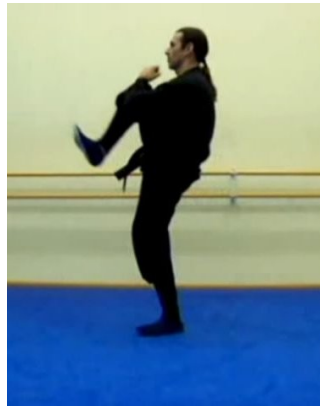
KERI "KICK"

10th Kyuu – Zenpo geri.

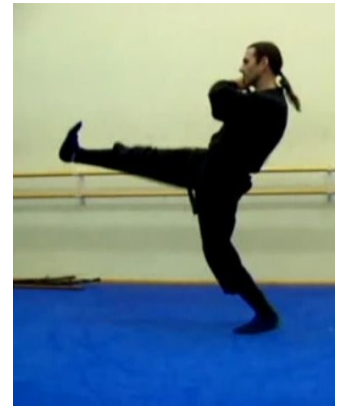
9th Kyuu – Koho geri, keri nuki.



right foot



knee to chest



kick

UKE "BLOCK"

10th Kyuu

JODAN (UPPER BODY BLOCK), GEDAN (LOWER TORSO BLOCK)



detect type of strike



slide and adjust



block and cover

UKEMI "ART OF FALLING SAFELY"

10th Kyuu – Zenpo ukemi, ushiro ukemi.

9th Kyuu – Yoko ukemi, mae ukemi.

Ukemi "Fall safely, absorb an attack": When taking a fall, it is important to realize that our body must adapt to the surface. We must try to absorb the impact with the largest possible body surface, correct breathing and relax. When falling, it is important to be aware that we could find sharp objects, sidewalk edge and / or other objects that could harm us. Correct breathing is vital, remember using whole forearms and hands, head to chest in back falls.



mae ukemi



zenpou ukemi



ushiro ukemi

Ukemi "Fall safely, absorb an attack": ushiro katate, yoko, zenpou katate.



yoko ukemi katate



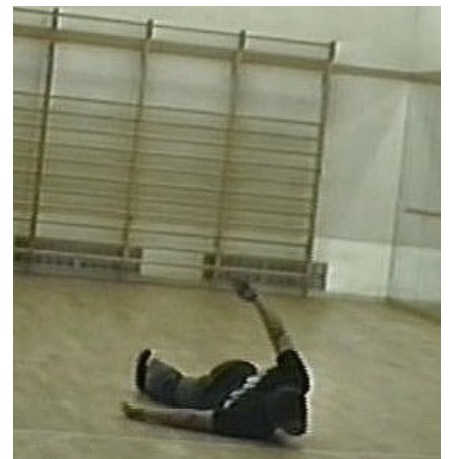
Ukemi "Fall safely, absorb an attack": ushiro mute, yoko mute, zenpou mute.



zanten ukemi mute



prepare



fall evenly protecting rib cage

NINJA KEN



There have been several swordsmith masters in Japan, today there are some 300 swordsmiths but only 30 are solely dedicated to katana making. Probably the most famous swordsmith name is Masamune - Gorō Nyūdō Masamune 1264–1343. Masamune probably most renown swordsmith - today 山村綱廣 yamamura tsunahiro is the 24th souke of Masamune's legacy. A katana has a strong part and other softer - layers, some katanas are made for shrines and special occasions, protection, bears family spirit.

It typically takes **3-4 weeks** to forge a real katana from tamahagane raw material. However, during the Middle Ages it could take up to 9-12 months per sword. In addition to their original purpose as weapons, Japanese swords are and have been considered holy objects, symbols of authority and works of art. After the Sword Abolishment Edict of 1876, Japanese swords lost their traditional role. After the end of WWII, occupational forces confiscated swords since they only considered them weapons, putting this art and tradition into danger of extinction and great loss of true masterpieces. Thanks to the efforts of HONMA Junji, SATOU Kanichi and others, The Society for Preservation of Japanese Art Swords was established to promote the preservation, appreciation, study and continuation of this these traditions relating to the Japanese sword as an art object; many swords were saved.



KAMAE "FIGHTING STANCES"

10th Kyuu



Hira no Kamae



Hira no Kamae

9th Kyuu



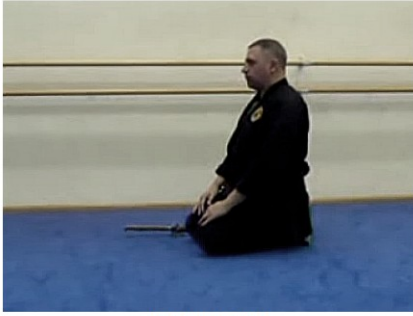
Dai Jordan No Kamae



Seigan no Kamae

IAI "DRAWING A SWORD"

10th Kyuu - From Seiza



Iai from seiza



draw



dai jodan



Tenchi giri

Weapons that are used in hand to hand combat must become an extension of our own body and not a mere appendage. Correct body movement is essential to the successful execution of any technique.

9th Kyuu - From Hira



draw



clean



sheathe

KENJUTSU "COMBAT SKILLS"

10th Kyuu



Dai Jordan



bring down



cut

9th Kyuu



BOJUTSU

KAMAE "FIGHTING STANCES"



10th Kyuu – Hira ichimonji



9th Kyuu – Seigan no Kamae

UCHI "COMBAT SKILLS"

10th Kyuu – Naname Wake Uchi



Hira ichimonji



Step back, let go



Strike ribs

9th Kyuu - Tsuki



Seigan



thrust

SHURIKEN

KAMAE "FIGHTING STANCES"

10th Kyuu



Senban no Kamae



Senban no Kamae

9th Kyuu



Senban no Kamae

NAGERU "THROW"

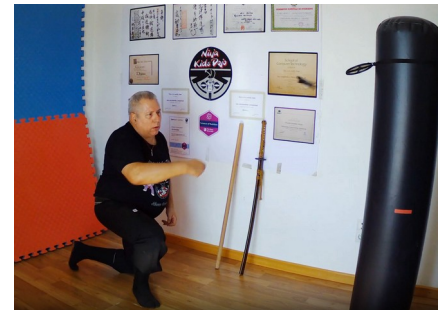
10th Kyuu



From suwarigata

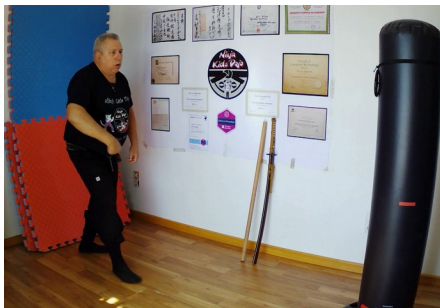


throw



Target hit!!

9th Kyuu



From senban



Use body momentum



Right on target!

DICTIONARY AND TERMS USED

Aruki	Walk (aruku), ninja no aruki = way of walking ninja
Bōjutsu	Stick fighting
Bōryaku	Ninja strategy)
Buddha	Founder of Buddhism
Budō	Japanese traditional martial arts
Budoka	Person who practices budō
Bujutsu	Initial form of Budo
Chi	Earth / soil / ground
Chimon	Physiography, typography
Chōhō	Espionage and info gathering
Dai	Big, great.
Daikomyo	In Buddhism this is the great and resplendent light of Budha. For us it is our interior towards the exterior lighting. This can be experienced as the light of our hearts by acting on the physical plane.
Daimyo	Feudal lord, land owner.
Dakentaijutsu	Punches, kicks, blocks.
Dojo	Traditional martial arts training hall.
Do[u]	Spiritual path, Buddhist teachings, way; set of practices, rules of conduct
Footwork	Martial arts footwork is a crucial aspect of various combat disciplines, enabling practitioners to move efficiently, evade attacks, and create opportunities for counterattacks.
Furi	Circular motion with a stick.
Gata / Kata	Set sequence of positions and movements in martial arts that conform a concept or part of a fight.
Gedan	Lower.
Geri / Keri	Kick.
Gi	Uniform.
Giri	Cut with a sword, blade, knife ...

Gyaku	Reverse, twist and articulation / joint.
Happo	8 directions (cardinal points).
Haramitsu	Also known in Sanskrit as Pāramitā, which is the Budha Satori or the permanent state of spiritual awakening that transcends the limitations of life and death. The general idea of the 6 Pāramitā is being free to feel hatred, jealousy and generate resistance in a relationship with the world around us. The idea of Hatsumi Sensei promotes honesty, loyalty and faithfulness
Hatsumi Masaaki	34 th Grandmaster of Togakure Ryyuu Ninpo (my Sensei).
Hensōjutsu	Art of disguise.
Hira	Flat, beginning.
Iai	Draw a sword.
Ichi	First, one.
Ichimonji	Primary fighting stance.
Iga	Region in Japan, also Iga Ryyu – one of main ninja schools.
Iga-Ueno	City in Southern Japan where ninjutsu is said to have been first developed.
Inton	Escape and penetration.
Japan	Island nation in the Pacific.
Jodan	Upper part of ...
Jutsu	Technique or art.
Jyukenroppo	16 natural body weapons.
Jyutaijutsu	Grappling, close quarter combat.
Kaiten	Rolling out of danger.
Kamae	Combat posture / stance.
Kata	Form; a set of movements that conform an idea; principle.
Katate	With 1 hand.
Katon	Use of fire and gunpowder.
Ken	Sword.
Kentai-Icho-Jo	Use of legs and body to amplify the intensity of an action (eg: punch)

Keri	Kick.
Kihon	Essence; foundation; basics of Ninpōu Kobujutsu.
Kii	Vital and spiritual energy of the being / life force
Kishajutsu	Use of bow and arrow from a horse.
Kishōgaku	Meteorology.
Kitzami	Punch using advanced fisy without using a step.
Kobudō	Ancient Japanese martial arts
Kobujutsu	Ancient Japanese war strategies and military arts.
Koga	Region in Japan, also Koga Ryuu – one of main ninja schools.
Koho	Backwards motion.
Kusarigama	Sickle and chain (weapon).
Kuzushi	Breaking oponent's balance.
Kyuu	Grade below black belt level.
Kyuusho	Human body vital, soft points,
Mae	Frontward motion.
Mawashi	Circular motion.
Migi	Right.
Mutoudori	Evading an attack from an oponent (we being unarmed) using a weapon, it can be only to evade and in later stages we take away te weapon from the oponent.
Nagare	Flow.
Nage	Throw (eg: hip throw).
Naginata	Part of the Nihonto; long stick with a type of sickle at the end.
Naname	Diagonal direction.
Ninja	Person who perseveres, resists and lives under the laws of Ninpō
Ninjutsu	The art of stealth.
Ninpō	The way/path, rules, laws and code of the ninja.
Post-Truth	Post truth era, we are being gaslighted – post CCP Virus (2019).
Posture	Way od positioning body, an attitude.

Psyops	Military & Intel psychological operations.
Ryote	With 2 hands.
Sabaki	Martial arts footwork is a crucial aspect of various combat disciplines, enabling practitioners to move efficiently, evade attacks, and create opportunities for counterattacks.
Samurai	Warrior class (Feudal Japan) who lives under the warrior code of Budo.
Seigan	Sword posture.
Seishin	Spiritual.
Seiza	Kneeling with the tops of the feet flat on the floor, and sitting on the soles.
Senban	4 pointed star or shuriken.
Sensei	Teacher.
Shihō	4 main directions (North, South, East and West).
Shinobi	Stealth, ninja, ninjutsu.
Shinto	Main religion of Japan.
Shizen-Gyou- Un-Ruisui	Natural flow and timing.
Shogunate	Period when a shogun had influence and hand.
Shuriken	Small throwing blade; throwing star.
Sōjutsu	Spearmanship.
Sōke	Grandmaster and / or founder of a traditional Ryuu.
Tai	Body.
Taihenjutsu	Flowing techniques, art of movement in Ninpo.
Taihoudouki	Techniques of freeing holds to any part of the body.
Taijutsu	Traditional form of martial art; I refer to Taijutsu as the art or technique of empty-handed combat and is the 2 nd of 18 levels (tai = body and jutsu = art or technique).
Takamatsu	Takamatsu Toshitsugu = 33 ^o Soke and Master of Hatsumi Sensei.
Tehoudoki	Techniques of freeing holds to wrist(s).
Ten	Heaven.
Tenchi	Ten = heaven, Chi = earth (heaven and earth), from top to bottom.

Tobi / Tobu	Ninja way of Jumping / leaping.
Togakure	Togakure Daisuke = Founder of Togakure Ryu / Mount and Togakushi region.
Tokugawa	Shogun (military chief) who unified Japan and his descendants.
Tokyo	Japan's capital city.
Tora	Tiger.
Tsuki	Punch
Uchi	Blow; punch.
Uke	Assisting opponent while doing a technique.
Ukemi	Absorbing an attack / mostly refers to taking a fall without injury.
Ukeru	Block a punch or kick.
Ushiro	Backwards – back.
Waza	Technique.
Yoko	Sideways, lateral.
Zenpo	Same as mae (front) – old name.

IMPORTANT!

Please take notice that sometimes a word (same) can be written as Budou, Budo or Budô. Why? In Japanese, the kanji (old Chinese characters) are: 武道, in Hiragana or modern Japanese: ぶ (bu) ど (do) う (u). I usually omit the last 'u' and only write Budo - In English, the 'ou' normally is just pronounced as a 'u' - you is yu not yo-u. In Japanese, double 'uu', double 'oo' and 'ou' are used many times. u-u, o-o, o-u. We use 'ō' to represent o-u: cho-u-ho-u.

Links to Togakushi Mountain:

戸隠山長野 Togakushi Mountain Nagano <http://en.nagano-cvb.or.jp/modules/feature/00006>

忍者博物館長野 Ninja Museum Nagano <https://www.togakushi-ninja.com/>

キッズニンジャビレッジ Ninja Kids Village <http://www.ninjamura.com/>

Links to Ninja Sites:

忍者博物館長野 Ninja Museum Nagano <https://www.togakushi-ninja.com/>

忍者博物館伊賀市 Ninja Museum Iga City <https://www.iganinja.jp/>

忍者博物館甲賀 Kōka Ninja Village <https://koka.ninpou.jp/>