

# Coulee Roots Bujinkan Dojo

## Student Handbook



November 2017

# Bujinkan Budo Taijutsu

## What is it?

The Bujinkan is a system of martial arts founded by Soke Masaaki Hatsumi of Nodashi Japan. This name was created by Soke Hatsumi to collectively represent the nine ryu-ha (schools) of martial arts contained within. These lineages were passed down to Soke Hatsumi from his teacher, Toshitsugu Takamatsu, known by many as the actual last living ninja. The name of the system can be defined many ways however one possible translation would be:

Bu 武 – Martial or military

Jin 神 – Spirit or heart

Kan 館 – House or Hall

Bujinkan – “Divine Warrior School”

## The 9 Bujinkan Ryu

The Bujinkan martial arts include nine ryu (schools). Each one represents its own unique skill set or applications. Although some may have similar specialties, their approach and techniques may be very different. Six of these are regarded as jujutsu schools of the samurai, and three represent schools of ninjutsu. I have listed them in random order, including their specialty.

- **Togakure Ryu** (Hidden Door School) – Ninjutsu (concealing, stelh, patient arts)
- **Gyokko Ryu** (Jeweled Tiger School) - Koshijutsu (bone finger art)
- **Koto Ryu** (Tiger Knockdown School) - Koppojutsu (bone structure art)
- **Kukishindin Ryu** (Nine Demons’ Divine Transmission School) – Happa Hikenjutsu (eight secret weapons art)
- **Shinden Fudo Ryu** (Divine Transmission of Immovability School) – Dakentaijutsu (hard weapon body art)

## 9 Bujinkan\_Ryu\_continued...

- **Takagi Yoshin Ryu** (High Willow Tree Spirit School) – Jujutsu (soft art)
- **Gikan Ryu** (Clear Truth and Justice School) – Kopojujutsu (bone structure art)
- **Gyokushin Ryu** (Pearl Heart School) – Ninjutsu (concealing, stealth, patient arts)
- **Kumongakure Ryu** (Hidden Cloud School) – Ninjutsu (concealing, stealth, patient arts)

## Precepts of the Ninja

### Ganbatte

Keep Going

Forget your sadness, anger, grudges and hatred. Let them pass like smoke caught in a breeze. You should not deviate from the path of righteousness; you should lead a worthy life. Don't be possessed by greed, luxury, or your ego. You should accept sorrows, sadness, or hatred as they are, and consider them a chance for trial given to you by the gods... a blessing given by nature. Have both your mind and your time fully engaged in budo, and have your mind deeply set on bujutsu.

(Written by Dr. Masaaki Hatsumi 34th Grandmaster Togakure Ryu Ninjutsu)

# Ninjutsu Hiketsu Bun

## Essence of Ninjutsu

by Toshitsugu Takamatsu 33th Soke of the Togakure Ryu



The essence of a Martial Arts and military strategies is self protection and the prevention of danger. Ninjutsu epitomizes the fullest concept of self-protection through martial training in that the Ninja art deals with the protection of not only the physical body, but the mind and spirit as well. The way of the Ninja is the way of enduring, surviving, and prevailing over all that would destroy one. More than merely delivering strikes and slashes, and deeper in significance than the simple out-witting of an enemy; Ninjutsu is the way off attaining that which we need while making the world a better place. The skill of the Ninja is the art of winning. In the beginning study of any combative art, proper motivation is crucial. Without the proper frame of mind, continuous exposure to fighting techniques can lead to ruin instead of self-development. But this fact is not different from any other beneficial practice in life carried to extremes.

## **Ninjutsu Hiketsu Bun**

### **Essence of Ninjutsu continued...**

Medical science is dedicated to the betterment of health and the relief of suffering, and yet the misuse of drugs and the exultation of the physician's skills can lead people to a state where an individual's health is no longer within his or her personal control. A nutritious well-balanced diet works to keep a person alive, vital, and healthy, but grossly over-eating, over-drinking, or taking in too many chemicals is a sure way to poison the body. Governments are established to oversee the harmonious inter-working of all parts of society, but when the rulers become greedy, hungry for power, or lacking in wisdom, the country is subjected to needless wars, disorder or civil and economic chaos. A religion, when based on faith developed through experience, a broad and questing mind, and unflagging pursuit of universal understanding, is of inspiration and comfort to people. Once a religion loses its original focus, however, it becomes a deadly thing with which to deceive, control and tax the people through the manipulation of their beliefs and fears. It is the same with the martial arts. The skills of self-protection, which should provide a feeling of inner peace and security for the martial artist, so often develop without a balance in the personality and lead the lesser martial artist into warped realms of unceasing conflict and competition which eventually consume him. If an expert in the fighting arts sincerely pursues the essence of Ninjutsu, devoid of the influence of the ego's desires, the student will progressively come to realize the ultimate secret for becoming invincible – the attainment of the “mind and eyes of god”. The combatant who would win must be in harmony with the scheme of totality, and must be guided by an intuitive knowledge of the playing out of fate. In tune with the providence of heaven and the impartial justice of nature, and following a clear and pure heart full of trust in the inevitable, the Ninja captures the insight that will guide him successfully into battle when he must conquer and conceal himself protectively from hostility when he must acquiesce. The vast universe, beautiful in its coldly impersonal totality, contains all that we call good or bad, all the answers for all the paradoxes we see around us. By opening his eyes and his mind, the Ninja can responsively follow the subtle seasons and reasons of heaven, changing just as change is necessary, adapting always, so that in the end there is no such thing as a surprise for the Ninja.

# **“The Rules of Ninjutsu”**

**Masaaki Hatsumi**

**The ninja should never initiate an aggressive action.**

**Always wait for your adversary to make the first move...this is the first rule in the ninja code of conduct.**

As you learn the way of the ninja, you will need to forget the notion that you direct a combat situation yourself. Your opponent's moves will dictate your moves. This is a fundamental concept of the ninja's method of combat. Sabaki (footwork) is by far the most important part of the ninja's physical training. With the ninja's center of gravity firmly planted in the lower torso, and energy radiating from the pit of the stomach, all it takes is the slightest pressure on an attacker's body to redirect the momentum of the charge to his own advantage. Therefore, all Masters and students alike go to great lengths to take care of their feet and legs.

**Another vital aspect of our Ninpo taijutsu training...**

is developing a natural ingenuity for finding ways of defeating an opponent. Women and ultimately men alike should strike with ferocity while feigning weakness (kyojitsu). The ninja art is anything but a test of strength, for strength and other advantages can be neutralized using correct ninja tactics. Rather than defeating an opponent, a ninja leads him into defeating himself for a ninja is in control long before the unbalanced opponent ever knows it.

**The balanced life is the key for the ninja.**

On the path to becoming a ninja, one must strive to create a pattern of consistency in every aspect of daily life. Ninpo taijutsu only realizes its full meaning from acquiring this aspect. Our Ninpo entails a great deal more than the skillful performance of a group of movements.

Though quite simple and straightforward, this once secret teaching is extremely complicated and profound. The way of the ninja is the way of the total person. Practice, enlightenment, the art of living itself... for the ninja, they are one and the same.

# Dojo Etiquette

All students are expected to follow traditions for discipline and respect. As a student you are being tested each time you attend class, so you must pay close attention to the rules and follow them always.

1. Remove shoes when you enter the dojo.
2. Time in the dojo should be spent training, stretching, or relaxing. **NO HORSE PLAY.** Socialization should be kept to a minimum.
3. When the instructor is on the mat, all students should become quiet and line up in a formal line, senior students to the front and left of the teacher. Late students must line up in the back despite their rank.
4. Follow the proper bowing in procedures.
5. The instructors should be called “Sensei”, all other black belts should be called “Sir”, “Ma’am”, or Mr. or Ms.
5. Manners should always be used outside the dojo. As a member of the dojo and a representative of Martial Artists everywhere, the image of a sensitive, caring, and well mannered individual is required. Respect and courtesy to other style Martial Artists is also necessary.
7. A double clap means stop and listen to the instructor.
8. There will be no gum chewing or eating during training. Water bottles should be kept off the mats and out of the way.
9. No jewelry should be worn when training. Long hair should be tied back.
10. A black gi top and bottom, with the appropriate color belt is the mandatory uniform to be worn when training in the dojo. A black t-shirt should be worn under the gi top (jacket ). During hot months, the jacket may be removed unless grappling (which requires a gi top). At formal testing and demonstrations, full gi are required.
11. Senior belt means anyone at higher rank than you. Black belts may instruct and provide discipline to lower belts. Discipline will be push ups, squats, sitting out of training, or a talk involving the senior instructor and the parent of the lower belt. The senior instructors/owners of the school have final decision over any severe problems concerning behavior of students. Students can be asked to leave the school permanently for behavior inappropriate to training, or in contrast to these outlined rules.

## Bowing In and Bowing Out

Bowing in and out is a very formal and traditional ceremony. It is meant to bring about a higher degree of focus from students and prepare them to train.

1. When the Sensei calls out that it's time to start class, students will line up in Shizen no Kamae and wait until Sensei kneels down in front of the class. At this time all students kneel in Seiza no Kamae.
2. Sensei will relate any new news to the students. Sensei will then turn around and students will put palms together before Sensei says "Shikin Haramisu Daikomyo." This phrase cannot be directly translated into English but can imply, 'a moment of true interaction between life and spirit may lead to enlightenment.' Students will repeat the same phrase.
3. Next everyone will clap twice, and then bow forward, rise up to clap again and then bow forward again.
4. Sensei will then turn to face the class, with hands together, and say "Oneigaishimasu." Implying, 'please assist me.' Students will repeat the same phrase with reverence while bowing.
5. When bowing out, the same pattern is followed. However, "Domo Arigato Goziamasu" replaces the final phrase. This means 'thank you very much.'



# Student Training Agreement

I have read, and understand the Coulee Roots Bujinkan Dojo student handbook. I will uphold the guidelines and present a good example of how a Coulee Roots Bujinkan Dojo member behaves both in and out of the dojo. I will never use bujinkan techniques outside of the dojo unless necessary for my safety. I will never incite violence. If physically threatened I will use escape or evasion techniques to seek safety as a first response rather than fighting if at all possible. I will try to eat healthy, drink plenty of water, and sleep 8+ hours in my daily life.

**Student** \_\_\_\_\_ **Date** \_\_\_\_\_

**Sensei** \_\_\_\_\_ **Date** \_\_\_\_\_

As a parent of a Coulee Roots student, I will strive to help my child follow the Coulee Roots Bujinkan Dojo student handbook.

**Parent** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent** \_\_\_\_\_ **Date** \_\_\_\_\_

## Direction and Movement

- Ten – Up; Above
- Chi – Down; Below
- Chu – Middle
- Ge – Low
- Hidari – Left
- Zenpo - Forward
- Koho – Back; Rear
- Migi – Right
- Omote – Open; Obvious
- Ura – Closed; Hidden

## Counting to 10

- 1) Ichi
- 2) Ni
- 3) San
- 4) Shi/Yon
- 5) Go
- 6) Roku
- 7) Shichi/Nana
- 8) Hatchi
- 9) Kyu
- 10) Jyu

## Techniques

- AruKi – Walk
- Henka – Variation Of Technique
- Kamae – Stance; Position
- Kata – Set Form Of Movements To Teach Technique
- Keri – Kick
- Taijutsu – Body Arts
- Taisabaki – Body Movement
- Tobi – Jump
- Tsuki - Punch
- Ukemi – Rolling And Breakfall Techniques; Injury Prevention
- Waza - Technique

## Commands

- Hajime – Begin
- Mate – Wait
- Yame – Stop

## General Vocabulary

- Bujinkan – Divine Warrior Training Hall.
- Buyu – Warrior Friends
- Dan – Black Belt Rank (1<15)
- Dojo – Training Hall; Martial Arts School
- Kunoichi – Female Ninja
- Kyu – Green Belt Rank (9<1)
- Ninja – A Student Of Ninjutsu
- Ninjutsu – The Martial Art Of The Ninja
- Sensei – Teacher; Instructor
- Soke – Grandmaster
- Uke – Person receiving the technique
- Tori – Person applying the technique

# **Bujinkan Budo Taijutsu**

## **Kihon Kamae – Basic Postures**

- Shizen No Kamae – Natural Posture
- Ichimonji No Kamae – One Line Posture
- Doko No Kamae – Angry Tiger defensive Posture
- Hicho No Kamae– Flying Bird Posture
- Kosei No Kamae – Offensive Posture
- Jumonji No Kamae – Cross Line Posture
- Hira No Kamae – One Line Receiving Posture
- Hoko No Kamae – Encircling Tiger receiving Posture
- Seiza No Kamae – Formal Seated Posture
- Sawari No Kamae – Cross Legs Seated Posture
- Fudoza No Kamae – Immovable Seat Posture

## **Sanshin No Kata**

1. Chi No Kata – Earth Form
2. Sui No Kata – Water Form
3. Ka No Kata – Fire Form
4. Fu No Kata – Wind Form
5. Ku No Kata – Void Or Emptiness Form

# **Bujinkan Budo Taijutsu**

## **Taihenjutsu Ukemi Kata**

### **– Body movement receiving forms**

- Zenpo Kaiten – Forward Roll (Up Onto Both Feet)
- Gyaku Zenpo Kaiten – Reverse Forward Roll
- Yoko Kaiten – Side Roll
- Goho Kaiten – Back Roll
- Oten - cartwheel
- Zenpo Ukemi – Front Fall
- Yoko Ukemi – Side Fall
- Goho Ukemi – Back Fall
- Jun Nagare – Basic Flowing
- Gyaku Nagare – Reverse Flowing
- Yoko Nagare – Sideways Flowing

# **Bujinkan Budo Taijutsu**

## **Uke No Kata – Receiving Forms**

- Jodan Uke – Upper Level Block
- Gedan Uke – Lower Level Block

## **Shoten no Jutsu – Running To The Heavens**

This is the art of running up vertical surfaces. Training begins with running up a 3m plank at a 45 degree angle. The angle is gradually increased until it is at 90 degrees.

## **Tobi Waza – Leaping**

- Hidari Yoko Tobi – Left Sideways Leaping
- Migi Yoko Tobi – Right Sideways Leaping
- Ten Tobi – Heaven Leaping
- Chi Tobi – Earth Leaping
- Zenpo Tobi – Front Leaping
- Koho Tobi – Backward Leaping

## Animal Crawls

Practiced forward, backward, and laterally. Take-off and landings should be as silent as possible.

- Rabbit – flat footed squat, feet hips width apart, leap for height.
- Frog – flat footed squat, feet wider apart, leap for distance.
- Sloth – hands and knees (square under body), knees 1 inch off floor, opposite side hand/foot, slow crawl.
- Bear – bend at hips w/straight legs, hands on floor (looks like “downward dog”), same side hand/foot, lumbering.
- Duck – flat footed squat, chest up, hands at ears (duck wings), walk.
- Crab – table-top position pushing hips to sky, walk.
- Ostrich – bend at hips only far enough that your back remains flat, reach toward floor with each straight legged step.
- Shrimp (omote)– lay on back w/knees bent, arms protecting face, push off one foot shooting hips opposite direction and gaining distance.

## Animal Flows

- Rabbit Flow – Rabbit leap, zempo kaiten, oten.
- Sloth Flow – Sloth x 3, frog leap, yoko nagare.
- Monkey Flow – Monkey (yoko), yoko kaiten, koho kaiten.
- Crab Flow – Crab (koho), koho oten, ichimonji switch, jun nagare.
- Bear Flow - Bear x 3, handstand, ichimonji switch, koho nagare.
- Shrimp Flow – Shrimp (ura), inchworm kaiten (omote, ura), inchworm aruki.



## **Hiken\_Juoppo – Striking Techniques**

- Kikaku Ken or Zu Tsuki- head strike
- Shuki Ken- elbow strike
- Fudo Ken or Kongo Ken- clenched fist or hammer strike
- Kiten Ken or Shuto Ken- sword hand
- Shishin Ken- finger needle strike( little finger)
- Shitan Ken- fingertips together
- Shako Ken- claw strike
- Boshi Ken or Shito Ken- thumb strike
- Shikan Ken- extended knuckle strike
- Tai Ken- body, body hurtling strikes
- Koppo Ken- thumb knuckle strike
- Happa Ken- open hand slap
- Sokuyaku Ken- sole or heel kick
- Sokki Ken- knee strike
- Sokugyaku Ken- toe kick
- Ki Ken- spirit fist, using power of mind or spirit

# **Kihon Happo – Eight Fundamental Forms**

## **Koshi Kihon Sanpo - koshijutsu's three fundamental ways**

- Ichimonji no Kata
- Hicho no Kata
- Jumonji no Kata

## **Torite Kihon Kata Goho- five fundamental hand capture forms**

- Omote Gyaku Dori
- Ura Gyaku Dori
- Musha Dori
- Oni Kudaki
- Ganseki Nage

## Resources

For martial arts and general physical health.

- Honbu Dojo Japan – Masaaki Hatsumi      [www.bujinkan.com](http://www.bujinkan.com)
- Warrior Information Network      [www.winjutsu.com](http://www.winjutsu.com)
- Bujinkan Lexington Dojo      [www.bldojo.com](http://www.bldojo.com)
- Bujinkan Sonoma Dojo      [www.bujinkansonoma.com](http://www.bujinkansonoma.com)
- Bujinkan Madison Dojo      [www.bujinkanmadisondojo.com](http://www.bujinkanmadisondojo.com)
- Bujinkan Mizu Nagare Dojo      [www.mizunagaredojo.com](http://www.mizunagaredojo.com)
- The Way Of The Ninja      by  
Masaaki Hatsumi
- The Martial Way  
by Forrest E Morgan
- The Art of War  
by Sun Tzu
- It Starts With Food  
by Melissa Hartwig
- The Primal Blueprint  
by Mark Sisson