



Student Manual

Flathead Valley Ninjutsu

In association with the International Bujinkan Dojo Association

The Owners and Teachers of Flathead Valley Ninjutsu are:

Sensei David Hermann

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Introduction

At Flathead Valley Ninjutsu we teach Bujinkan Ninpo Taijutsu. It is a Japanese martial art of self-defense and not designed for sport.

In this art there is a possibility to learn nine different schools. You will learn from six of the schools, per our curriculum.

Gyokko Ryu – Kosshijutsu

Shinden Fudo Ryu – Dakentaijutsu

Takagi Yoshi Ryu – Jutaijutsu

Koto Ryu – Koppojutsu

Kukishinden Ryu – Hikenjutsu

Togakure Ryu – Ninjutsu

Gikan Ryu – Koppojutsu

Gyokushin Ryu – Ninjutsu

Kumogakure Ryu – Ninjutsu

You will study the curriculum as it is laid out by the International Bujinkan Dojo Association (I.B.D.A.) and from the Tenchijin (manual of fundamental teachings).

The Dojo

Teachers

Sensei David Hermann, Shidoshi-ho

Sensei Hermann started his journey in the martial arts at age 5 and eventually learned about the art of Ninjutsu through Stephen Hayes “Ninja” book series as a teenager. As there was no local Ninjutsu dojo at the time he followed a path of studying many different martial arts until years later, as an adult, he finally met Doshi Richard Van Donk, and Sensei Dena Johnson and Ephraim Cheever. In 2022 he received his Shodan, then the following year his teaching license. In 2024, he received his Nidan (2nd degree).

Mission Statement

To provide, protect, and spread the collective ancient knowledge of the Bujinkan teachings established by Hatsumi Sensei including, but not limited to, Ninjutsu, Ninpo Taijutsu, Budo Taijutsu and Amatsu arts.

Vision Statement

We are dedicated to teaching the Bujinkan arts with a focus on effective self defense. Through this dedication we return to the origin of the Bujinkan as a grouping of effective combat martial arts.

The only prerequisite for training is for the student to possess an open heart, open mind, and a strong desire to learn. This art is taught and studied by

people helping each other to grow in body, mind, and spirit. Students are instructed to maintain the idea of harmony and non-aggression in their daily lives. You become what you think about and do.

Holidays

Flathead Valley Ninjutsu will be closed on certain major holidays*.

New Year's Day

Memorial Day

4th of July

Labor Day

Thanksgiving

Christmas Day

* Holidays may not be consistent due to year, day, or availability. The teachers will let the students know ahead of time if dojo will be closed.

Membership

There is an annual membership with the I.B.D.A. that allows you to test, and has your ranking filed with the I.B.D.A. main office. If you happen to quit and come back, or lose your ranking certificate, we will be able to issue you a new one with a fee.



The Art

Bujinkan Ninpo Taijutsu was created by joining 9 schools (ryu) together. This was done by Dr. Masaaki Hatsumi of Chiba Prefecture, Japan. In the early 70's Dr. Hatsumi received the 9 schools to become the new Head of Family (Soke) from his teacher Toshitsugu Takamatsu.

Throughout the decades Hatsumi Sensei has refined the way he taught the art, both in what to teach and in how to teach. Even after this process nothing of the original arts has been omitted, only refined.

The art teaches from 9 schools. Each school teaches you something different. Our oldest school, and the first one taught, is Gyokko Ryu. It is the core of the art.

Gyokko Ryu (founded early 600's) teaches you to use your "weaknesses" to become your strength. It was designed so someone who may be at a disadvantage will be able to overcome. A great art for children, elderly, and people of smaller stature.

Shinden Fudo Ryu (1100's) teaches you to move natural like nature. The strikes are powerful and use your bodyweight and synergy of moment to create the most power. Even though it is a striking art it also has a feeling of flow like jujutsu or aikido.

Takagi Yoshin Ryu (1600's) teaches a technical flow much like all forms of jujutsu (gentle techniques) teach. It teaches you to move, to bend, to adapt so that you do not break. This school also influenced the modern styles of jujutsu, judo, and even aikido.

Koto Ryu (1500's) is the other half, the other side of the coin, to Gyokko Ryu. Where Gyokko teaches you to attack the muscle. Koto teaches you to attack the bone structure. This school asks you to sense an attack and step into it before it comes to you. It is an aggressive direct school.

Kukishinden Ryu (1100's) teaches the art of the battlefield. This art was used by the military on land and on water. It is called a Hikenjutsu (secret sword art) school because it teaches weaponry. But it also teaches unarmed combat of dakentaijutsu (striking techniques). Not like the striking of Shinden Fudo Ryu,

but it would be similar to adding the striking power to jujutsu. Due to this it is an art that is studied with caution.

Togakure Ryu (around 1160) teaches ninjutsu (endurance techniques). But not just ninjutsu, which teaches: concealment, climbing, camouflage, hiding, stealth, endurance, swimming, tools of the trade, and many other things to be able to gather information. The school also teaches: unarmed combat and weaponry. This school is our oldest in the art of ninjutsu.

The other 3 schools are taught briefly. They are schools of advanced study, and many do not even have organized techniques (waza) at all.

Gikan Ryu (around 1570) takes elements of Koto Ryu. It is also a koppojutsu (bone techniques) school. It is much more brutal than Koto Ryu.

Gyokushin Ryu teaches ninjutsu as well as throws and sacrifice throws. The school prefers to use the tools of ninjutsu and weapons to evade, more than to fight.

Kumogakure Ryu (1500's) teaches ninjutsu in its simplicity. It has no unarmed combat. It teaches to avoid conflict by staying high up and out of sight. You are to hide in the clouds as the name suggests.

The Bujinkan has used the sub-title of Ninpo Taijutsu and Budo Taijutsu, and both are the same art. Ninpo Taijutsu expresses what you will study from white belt to the final belt. Budo Taijutsu expresses the 9 schools in which we study.

The Tenchijin is a manual of study that is still used today. It teaches the fundamentals of the art. This manual is actually 3 manuals – Ten (Heaven), Chi (Earth), Jin (Man).

Ten teaches body techniques (taihenjutsu), stances (kamae), strikes & kicks (hoken juropo), three hearts forms (sanshin), three basic striking methods (kosshi sanpo), five capturing methods (kihon gata), sword evasion forms (muto dori), and pressure points (kyusho).

Chi teaches reversal methods (gyaku waza), throwing methods (nage waza), breaking out methods (hajutsu), and strangulation methods (shime waza).

Jin teaches techniques (waza) from the 6 schools and other methods.

Philosophy and Spiritual Refinement

Dojo

The Dojo is where we train. It means Training Hall or Place of the Way. The Way would be what you are studying in the dojo.

When you walk into the dojo you will see a kamidana at the back wall. Kamidana means spirit shelf. It represents a focus of our intent in our training. On our kamidana we have a Shinto shrine, torii gate (shrine gate), mirror, candles, shimenawa (enclosing rope), and a picture of our teachers. All of these items have a meaning. The Shinto shrine represents a place of study. Torii gate represents coming through the doors of the dojo to walk along the path of study. The mirror and shimenawa are to scare away negative thoughts, emotions, and actions. Candles represent the art. The number of candles can change from one to nine candles. The picture is to remind us of our teachers. Without them we could not be teaching this art. A kamidana can have more, or less items. It is up to the dojo or person to decide what to put up.

Bowing

Traditionally when you walk into the dojo, or when exiting, we bow. Coming onto or off the mat we bow. During bowing in and bowing out, we bow. With our training partner we bow. By bowing you show respect to the art, the dojo, the teachers, and to your self.

Meditation

When we bow in and bow out, we have a moment of meditation. Our goal is to breathe in and out slowly through our nose and calm our mind. Just focus on your breathing. The goal is to set aside the thoughts of the day and to only focus on training.

There are many ways to meditate. We encourage you to meditate a few times a week. It can be by focusing on slow calm breaths, by focusing on/visualizing a technique you are learning or trying to master, or by focusing on the senses to better tune out or to amplify them. There are many ways to meditate and we encourage you to develop this focus. It will benefit you in your studies.

Breath

Everything comes from the breath. Life is breath. Meditation is breath. Yoga is breath. Exercise and Health are breath. If we do not breathe properly our body will not run at its full potential.

Here are some breathing exercises you can study:

Strengthening the Diaphragm

Inhale deeply and fully through the nose, then exhale. Blowing out all of the breath from the mouth. Do not breathe in and hold your stomach in. The perfect average hold is 34 seconds or longer.

Strengthening the Abdomen

Inhale deeply and fully through the nose, the exhale vigorously from the mouth. Do not breathe in and hold your stomach in. Now move your belly, slowly and firmly, in and out 7 times.

Building Coordination and Projection

Take a folded piece of paper and place it on a table standing up. Step back about 3 feet from the paper and blow the paper over. Repeat 3 or 4 times. Increase your distance from the paper each time as you get better.

Diaphragm Breathing

As you breath in, breath in through your belly. Your diaphragm is above your stomach and when you breath in through it you will fill more of the lower lungs with air. This is also called Belly Breathing. It is used in singing, voice projection, martial arts, and many other activities.

Box Breathing

4:4 – 4 count inhale : 4 count exhale

Use diaphragm breathing. Breath in deeply through the nose for a count of 4. Hold your breath for a count of 4. Then exhale from the nose for a count of 4. Hold your breath for a count of 4. Repeat 10 times.

Balance Breathing

4:4 – 4 count inhale : 4 count exhale

Use diaphragm breathing. Breath in deeply through the nose for a count of 4. Hold your breath for a count of 2. Then exhale from the nose for a count of 4. Hold your breath for a count of 2. Repeat 10 times.

Best for reducing anxiety/nervousness, feeling sluggish, or low-intensity exercise.

Relaxation Breathing

4:8 – 4 count inhale : 8 count exhale

Use diaphragm breathing. Breath in deeply through the nose for a count of 4. Hold your breath for a count of 2. Then exhale through the nose for a count of 8. Hold your breath for a count of 2. Repeat 10 times.

Best for stretching, reduce stress, and preparing you for sleep.

Fire Breathing

20 count exhale

Use diaphragm breathing. Breath in deeply through the nose. Exhale forcefully and rapidly from your nose. Do not worry about the inhale. It will happen naturally when your diaphragm relaxes.

Best for when you have just woken up or to get you prepared for exercise.

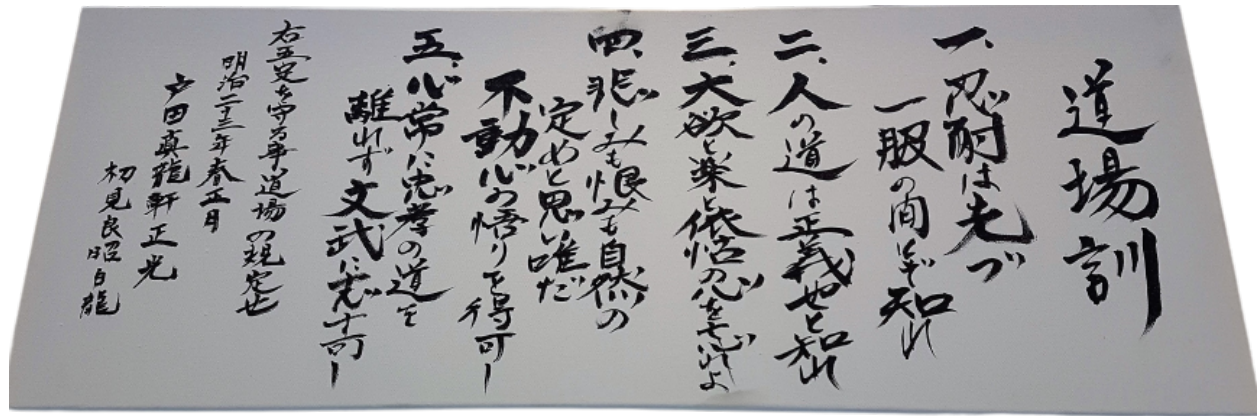
A Student's Growth

When you begin in the art you are expected to do your best to absorb the teachings. As you rank higher in the art you are expected to help beginning students. When you get closer to becoming a brown belt you may be allowed to assist the teacher. At black belt you can teach and are expected to embrace the idea of becoming a role model.

You are encouraged to forge your own path, and to take initiative in your training. Ask the teachers what key points may be helpful for you to progress. Create a timeline and goals for yourself. It helps you keep on track and better focused for the present and the future. As in life, we want to work on our strengths and weaknesses so we can grow stronger. This feedback, through asking questions, private lessons, and by testing, gives you positive feedback to further make improvements.

Rules and Etiquette

Dojo Kun – Dojo Rules



1. Know the wisdom of being patient during times of inactivity.
2. Choose the course of justice as the path for your life.
3. Do not allow your heart to be controlled by the demands of desire, pleasure, or dependence.
4. Sorrow, pain, and resentment are natural qualities to be encountered in life. Therefore, work to cultivate the enlightenment of the immovable spirit.
5. Hold in your heart the importance of family, loyalty, and pursue the literary and warrior arts with balanced determination.

Shinryuken Masamitsu Toda – 32nd Grandmaster, Togakure Ryu

Guidelines for Participation in the Bujinkan

1. The Bujinkan shall be open to only those who agree with and uphold the guidelines of the Bujinkan Dojo. Those not doing so shall not be allowed to join. Specifically: Only those who have read and agreed with these

guidelines shall be allowed to participate.

2. Only those able to exercise true patience, self-control, and dedication shall be allowed to participate. A physician's examination report shall be required. Specifically, individuals with mental illness, drug addiction, or mental instability shall be barred from joining. The necessity of such a report concerns individuals who may present a danger to others, for example, those with infectious diseases or illnesses, individuals with clinically abnormal personalities or physiology, and individuals lacking self-control.

3. Individuals with criminal records shall be turned away. Trouble makers, those who commit crimes, and those who break domestic laws shall be turned away.

While this is broad in category and scope all individuals are selected and admitted on a case-by-case basis. Many people have challenges and turn their lives around. Any questions contact the Teachers.

4. Those not upholding the guidelines of the Bujinkan, either as practitioners or as members of society, by committing disgraceful or reproachable acts shall be expelled.

5. Regarding accidents occurring during training (both inside and outside the dojo), one should not cause trouble to Bay Area Ninjutsu / Bujinkan. This is an extremely important point. Those unwilling to take personal responsibility for accidents occurring during Bay Area Ninjutsu / Bujinkan training shall not be admitted. Reiterating for clarity, Bay Area Ninjutsu / Bujinkan shall not take responsibility for any accidents happening in the course of training, regardless of the location.

6. All those joining Flathead Valley Ninjutsu, and especially rank testing, must get an annual I.B.D.A. membership. We are a community, building warriors with heart to better themselves through training and friendship. It evinces the glory of warrior virtue, and embodies both loyalty and brotherly love.

7. The tradition of the Bujinkan recognizes nature and the universality of all human life, and is aware of that which flows naturally between the two parts:

-“The secret principle of Taijutsu is to know the foundations of peace.

-To study is the path to the immovable heart (fudoshin).”

Recently, the Bujinkan has become truly international. Just as there are various time zones, so exist various taboos among the world’s peoples and nations. We must respect each other, striving to avoid such taboos. We must put the heart of the warrior first, working together for self-improvement and for the betterment of the Bujinkan. Those not upholding the above-mentioned guidelines shall be forced out of the Bujinkan.

Ten Guidelines of the Bujinkan

1. Respect the teachers, the art, the students, and yourself.
2. Each member is responsible for creating a positive atmosphere of harmony and respect. Speak with good purpose. Be willing to do whatever it takes to excel.
3. Our goal is to take you to personal mastery, and to be a teacher of empowerment. We expect you to have that goal for yourself.
4. It is your responsibility to cause no injury. You must protect your training partner, then yourself. Sprains and bruises do occur but serious injury will be minimized if you follow these guidelines. Report an injury to the teacher immediately and go to a doctor to get checked out.
5. It is every member’s responsibility to honor the teacher and to sincerely follow these teachings.

6. A few minutes before class, you should be warmed up, seated in seiza (formal sitting), and in a quiet meditation. Use this the time to rid your mind of the day's problems and prepare for study.
7. If you have prior experience with the technique being studied and are working with someone who does not, you may lead them through it physically, but DO NOT attempt to correct or instruct your training partner if you do not hold a teacher's status.
8. Respect those more experienced than yourself. Never argue about comparing techniques. We are all studying the same principles so be careful not to pressure your interpretations. There are many points of view, and viewing points, so learn every application many ways.
9. Jewelry should be removed before entering the training area. Wear a clean gi with proper belt, patches and stars.
10. If you are unsure about what to do in a particular situation, please ask or simply follow along. Although there may seem to be many forms of etiquette to remember, they will come naturally as you continue to study. Please do not be resentful if you are corrected on a point of etiquette for each one is important to your safety and to the learning experience.

Attendance

All students are expected to attend two (2) classes a week. Every attempt should be made to schedule outside activities around class times.

Lateness

Please respect your fellow students by arriving on time. This is a group learning as well as an individual one. If you arrive late, wait at the corner of the mat by the entry in seiza until recognized by the teacher to come onto the mat. Remember to bow to your teacher.

Dojo Safety

Your attitude in the dojo should be one of respect for yourself as well as for other students. We ask you to be aware of what you are doing and what is happening around you. Being self-aware and thinking what could happen next can prevent tough situations. This includes getting permission before using or handling any training equipment other than your own. Competition shall not be brought into training. We train for growth and understanding. Violence and aggression are a statement of weakness, not strength. Treat your training partner with respect. Blades with a cutting edge are not allowed. Remove your jewelry before training.

Injury

Injury is always a possibility whether stepping down from a curb, walking up the stairs, lifting a box, exercising, participating in a sport, or even taking a shower. Be aware of yourself, others, and your surroundings. The more you are aware the better your ability to control the situation. Through training you are taught techniques that will help protect you. We ask you to listen and remember instructions to protect yourself and your training partner from injury. If you have a prior injury or a new injury let the teachers and your training partner know. No one wants to create or worsen an injury. If an injury or accident occurs, or is acknowledged, let the teachers and The Dojo know immediately. This can be reported by anyone.

Injury – an act or event that causes someone or something to no longer be fully healthy or in good condition.

Accident – a sudden event that is not planned or intended that causes damage or injury.

Harm – to cause hurt, injury, or damage to someone or something.

Other Martial Arts

While we acknowledge, respect, and perhaps even practice other martial art systems, we must keep in mind that this class is a Ninpo Taijutsu class. It is for this reason that we gather and train. The practice of arts other than Ninpo Taijutsu shall be practiced elsewhere or at another time unless brought up by

the teacher instructing.

Dress Code

The proper dress code requires a black martial arts gi. Wear a belt that matches your current ranking, with patches and stars to indicate level within the belts. Patches should be worn on the gi in the proper places.

On the left shoulder the IBDA patch above and the Dojo patch below. The rank patch goes on the left chest over the heart. The correct stars will be placed above the rank patch.

Mat Etiquette

NO shoes or sharp items are allowed on the mat. You can wear indoor tabi / shoes, socks, or bare feet. No gum allowed.

Uniform Etiquette

A gi is mandatory to wear during testing. The gi **MUST** have the proper patches and belt.

During class the gi is mandatory on training days (Monday and Wednesday). It is encouraged during special events and on weekend classes. It is encouraged because the gi is made to withstand the techniques. The dojo shirt is not reinforced like a gi is. There is a possibility it can rip. There may be days where we will ask you to not wear your gi top or to remove it. Due to this we **ALWAYS** recommend that you wear your dojo shirt underneath your gi, or a shirt you do not mind damaging.

On certain classes we may ask for you to wear street or fitness clothing. (Please, no zippers on your clothing or anything sharp.) This should be clothing you do not mind getting damaged during these classes. These will be classes with a specific theme and you will be notified beforehand.



Belts, Uniform, Gear

Belts

White – Mu kyu, no rank

Yellow – 9th – 7th kyu

Green – 6th – 3rd kyu

Brown – 2nd – 1st kyu

Black/Brown – Junior Black Belt

Black – Shodan, 1st degree black belt



Uniform

Black Gi

Belt

Dojo shirt

Patches – IBDA patch, Dojo patch,
rank patch, and Stars



or



Gear – Weapons

Hanbo (3 foot stick) – 8th kyu

Tanto (training knife) – 7th kyu

Kusari Fundo (rope) – 6th kyu

Shuriken (throwing star) – 5th kyu

Bo (6 foot stick) – 4th kyu

Katana (training sword/bokken) – 3rd and 2nd kyu

Shuko (training hand claw) – 2nd kyu

Kyoketsu Shoge (hooked dagger with rope and ring) – 1st kyu



Shuriken

It is expected for you to acquire these training weapons. **No live / sharp training weapons.** Some can be acquired through the dojo, or through online retailers.



Kusari
Fundo



Bokken



Shuko



Kyoketsu
Shoge

Testing

Every 3 months you have the opportunity to test. Testing depends on your proficiency in the material and the time between your rank to the next.

The teachers will monitor your progress and will not allow you to test if you are not ready.

You can speak with the teachers if you feel you are ready to test.

Only adults can acquire a Black Belt (Shodan). When you acquire your Junior Black Belt and reach the age of 18, you will participate in a short test of the fundamentals and a knife disarm to receive your Shodan.

Mu Kyu (No Rank) – 4th kyu

Testing is available every 3 months.

90% proficiency is needed to pass. This includes, specific knowledge, proficiency, character development, and terminology.

3rd – 1st kyu

Testing is available every 6 months.

90% proficiency is needed to pass. This includes, specific knowledge, proficiency, character development, and terminology.

Shodan (1st Degree Black Belt) / Junior Black Belt

Testing is available in 9 months.

90% proficiency is needed to pass. This includes, specific knowledge, proficiency, character development, and terminology.

For each test there is a testing fee. This pays for the certificate, belt, and testing you will receive. You must pay before testing so that you will be able to receive your certificate in a timely manner.

You can earn your Shodan in around 4 years.

Stars Ranking Chart

RANK	STARS	BELT
Shodan	1 silver star	Black belt
Junior Black Belt	3 silver stars	Black/Brown belt
1 st kyu	2 silver stars	Brown belt
2 nd kyu	1 silver star	Brown belt
3 rd kyu	4 yellow stars	Green belt
4 th kyu	3 yellow stars	Green belt
5 th kyu	2 yellow stars	Green belt
6 th kyu	1 yellow star	Green belt
7 th kyu	2 white stars	Yellow belt
8 th kyu	1 white star	Yellow belt
9 th kyu	No stars	Yellow belt
10 th kyu	No stars	White belt

Titles

Deshi – Pupil

Sensei – Teacher / One who has gone before

Shidoshi-ho – Teacher, 1st – 4th degree

Shidoshi – Master Teacher, 5th degree and above

Shihan – Role Model, 10th degree and above

Ranking Certificates



Kyu Certificate



Dan (Black Belt) Certificate

All certificates will be signed by Doshi Richard Van Donk and Shihan Linda Van Donk, and Sensei David Hermann.

Curriculum

Opening Ceremony

- When the teacher calls you to line up for class, line up in order of rank facing the kamidana, sit in seiza and wait for Sensei. Class may start with roll call if it has not already been performed.
- Sensei will say “Mokuso” (Meditate). At this time close your eyes and calm yourself. Put aside all the thoughts of the outside world and just focus on the here and now. Breath in and out 3 times.
- Sensei will say “Yame” (Stop). Open your eyes and bring your hands to Kongo Gassho.
- Sensei will say “Shikin Haramitsu Daikomyo” (May every encounter bring me closer to enlightenment).
- Class will repeat “Shikin Haramitsu Daikomyo.”
- Class and Sensei will clap twice in unison.
- Class and Sensei will bow from seiza, rise, and clap once in unison.
- Sensei will face the class and say “Onegai Shimasu” (Please assist me).
- Class will repeat “Onegai Shimasu” and bow in unison.
- Class will begin.

Closing Ceremony

- When the teacher calls you to line up to bow out, line up in order of rank facing the kamidana, sit in seiza, and wait for Sensei.
- Sensei will say “Mokuso” (Meditate). At this time close your eyes and calm yourself. Put aside all the thoughts of the outside world and just focus on the here and now. Breath in and out 3 times.
- Sensei will say “Yame” (Stop). Open your eyes and bring your hands to Kongo Gassho.
- Sensei will say “Shikin Haramitsu Daikomyo” (May every encounter bring me closer to enlightenment).
- Class will repeat “Shikin Haramitsu Daikomyo.”
- Class and Sensei will clap twice in unison.
- Class and Sensei will bow from seiza, rise, and clap once in unison.
- Sensei will face the class and say “Domo Arigato Gozaimashita” (Thank you very much).
- Class will repeat “Domo Arigato Gozaimashita” and bow in unison.

Ranking Requirements

These are the main skills you will learn. You may learn more than what is presented. This is not exactly what you will be tested for. Testing may be slightly different than what is listed, and could include all material up to your current rank.

This art, like many martial arts, is a physical activity. There will be physical contact. This can be strikes (dakentaijutsu), falls (ukemi), rolls (kaiten), throws (nage), etc. In the beginning there will be minimal contact. As you rank up in the grades there will be more contact. This is all done to learn and understand the techniques. Be confident that this study is only taught to keep you safe.

9 th kyu	Average Training Time – 3 months
Ukemi Taihenjutsu	Junan Taiso Zenpo Zagata Ukemi Koho Ukemi Zenpo Kaiten Zenpo Naname Kaiten Koho Kaiten Sabaki gata
Kamae	Shizen no Kamae Kango Gassho no Kamae Seiza no Kamae Fudoza no Kamae Rei no Kamae Ichimonji no Kamae Hira no Kamae
Dakentaijutsu	Zenpo Tsuki (Fudoken) – Jodan, Chudan, Gedan from Shizen no Kamae & Ichimonji no Kamae Zenpo Geri from Shizen no Kamae & Ichimonji no Kamae Tsuki / Keri Combinations San Shitan Ken
Sanshin no Kata	Chi no Kata

Knowledge	Dojo Etiquette and Rules Dojo Phrases Belt Tying Why I Study Ninjutsu Ukemi Dakentaijutsu
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8 th kyu ★	Average Training Time – 3 months
Ukemi Taihenjutsu	Yoko Nagare Ukemi Zenpo Kaiten (Katate) Zenpo Naname Kaiten (Katate) Oten
Kamae	Jumonji no Kamae Hoko no Kamae Doko no Kamae
Dakentaijutsu	Omote Kiten Ken (Omote Shuto) Jodan Uke Gedan Nagashi / Uke
Sanshin no Kata	Sui no Kata
Kihon Happo – Kosshi Sanpo	Ichimonji no Kata
Kihon Happo – Torite Goho	Omote Kote Gyaku Ura Kote Gyaku
Hajutsu Kuho	Tehodoki – Katate, Ryote Shuto Uchi, Ura Reversal, Omote Reversal
Weapons	Hanbo – Kamae – Hira Ichimonji, Kata Yaburi / Hira, Munen Muso, Tate, Otonashi Striking – Goho Uchi
Knowledge	History and Tradition Counting in Japanese Being an Uke Postures and Evasion Notebook

7 th kyu ★ ★	Average Training Time – 3 months
Ukemi Taihenjutsu	Sokuho Kaiten Yoko Nagare Kaiten Koho Kaiten (Katate) Zenpo Ukemi (Standing) Koho Ukemi (Standing) Sanpo / Nanba
Kamae	Kosei no Kamae Hicho no Kamae Ihen no Kamae Kamae Flow
Dakentaijutsu	Ura Kiten Ken (Ura Shuto) Shito Ken Sokuho Geri Koho Geri
Sanshin no Kata	Ka no Kata and Fu no Kata
Kihon Happo – Torite Goho	Omote Gyaku Ken Sabaki
Gyaku Waza	Omote Oni Kudaki Hon Gyaku
Weapons	Tanto – Kamae – Kosei, Ichimonji, Jumonji Cutting – 9 Angles Knife Disarms
Knowledge	Evasion and Defense Kaiten Combinations

6 th kyu ★	Average Training Time – 3 months
Ukemi Taihenjutsu	Zenpo Kaiten (Mute) Zenpo Naname Kaiten (Mute) Koho Kaiten (Mute) Oten (Katate) Shiho Tenchi Tobi – Zenpo, Koho, Sokuho, Fudoza
Dakentaijutsu	Shiho Geri Sokuyaku Ken Sokugyaku Ken
Sanshin no Kata	Ku no Kata

	Choshi Dori Kumite Gata (Ku no Kata Henka)
Kihon Happo – Kosshi Sanpo	Jumonji no Kata
Kihon Happo – Torite Goho	Musha Dori – Ude Jime Ashi Ori Gata
Weapons	Kusari Fundo – Kamae – All Striking – 9 Angles
Knowledge	Meditation, Diet, Kosshi Sanpo, Sanshin no Kata

5 th kyu ★★	Average Training Time – 3 months
Ukemi Taihenjutsu	Yoko Nagashi Zenpo Ukemi Ukemi while Tsuki / Keri
Dakentaijutsu	Boshi Ken Shako Ken Kakushi Geri Sampo Geri
Kihon Happo – Kosshi Sanpo	Hicho no Kata
Kihon Happo – Torite Goho	Ganseki Nage
Hajutsu Kuho	Happo Geri Taihodoki Taihodoki vs. Multiple Attackers
Gyaku Waza	Muso Dori Ura Oni Kudaki
Shinken Taihenjutsu	Muto Dori Gata – Hira, Ichimonji, Jumonji
Weapons	Shuriken – Hira and Bo, Kamae – All Throwing, Grappling
Knowledge	Healing Injuries, First Aid, Kihon Proficiency

4 th kyu ★★ ★	Average Training Time – 3 months
Ukemi Taihenjutsu	Hicho Kaiten – Vertical and Lateral Shoten no Jutsu Kuhi
Dakentaijutsu	Koppo Ken Te/Ashi Tsuki

	Tobi Geri
Gyaku Waza	Omote Take Ori Ura Take Ori Ogyaku
Jutaijutsu	Ashi Barai Keri Kaeshi – Ashi Dori, Keri Kudaki, Sukui Dori, Tsure Yuki
Weapons	Rokushakubo – Kamae – Hira Ichimonji, Ichimonji, Jodan, Chudan, Gedan, Seigan, Tenchijin, Heito, Ihen Strikes – 8 Angles Bo Furi, Ashibarai Bo vs. Sword
Knowledge	Nature, Anatomy, Kuzushi, Maai, Teaching

3 rd kyu ★★★★★	Average Training Time – 6 months
Ukemi Taihenjutsu	Shinobi Aruki Advance Tsuki Sabaki Gotonpo
Dakentaijutsu	Kikaku Ken KenTai Ichi
Hajutsu Kuho	Oyagoroshi Kogoroshi Koshi Kudaki Ken Kudaki Toki Kudaki
Nage Waza	Ganseki Oshi Ganseki Ori Ganseki Otoshi Osoto Nage – Gyaku Ganseki
Weapons	Katana – Kamae – Dai Jodan, Seigan, Chudan, Ichimonji, Gedan, Ura Gedan, Tosui, Hasso, Tenchi, Kasumi, Totoku, Shizen
Knowledge	Gotonpo, Noticing the Effects on Uke and Yourself, Kuji Kiri

2 nd kyu ★	Average Training Time – 6 months
Ukemi Taihenjutsu	Kiten Kuten Nobori Kata
Dakentaijutsu	Shuki Ken Sokki Ken Shishin Ken Happa Ken Shikan Ken Tai Ken Koppojutsu
Shime Waza Goho	Hon Jime Gyaku Jime Itami Jime Sankaku Jime Do Jime
Jutaijutsu	Suwari Gata
Weapons	Shuko – Kamae – All & Striking Kenjutsu Shinobi Iai – Drawing Kenjutsu Giri – Cutting
Knowledge	Outdoor Survival, Dream Work, Timing, Strikes and Attacking Styles, Creativity

1 st kyu ★★	Average Training Time – 6 months
Ukemi Taihenjutsu	Stealth Inton
Dakentaijutsu	Shizen Ken Kosshijutsu Hito
Kihon Happa – Torite Goho	Henka
Nage Waza	Harai Goshi Nage Gyaku Nage Taki Otoshi Seoi Nage Osoto Gake Uchi Gake Hane Koshi Nage Itami Nage

	Ryusui Yuki – Sutemi
Weapons	Kyoketsu Shoge – Kamae – All & Striking Metsubushi
Knowledge	Inton, Finances, Kuji In, Kihon Henka

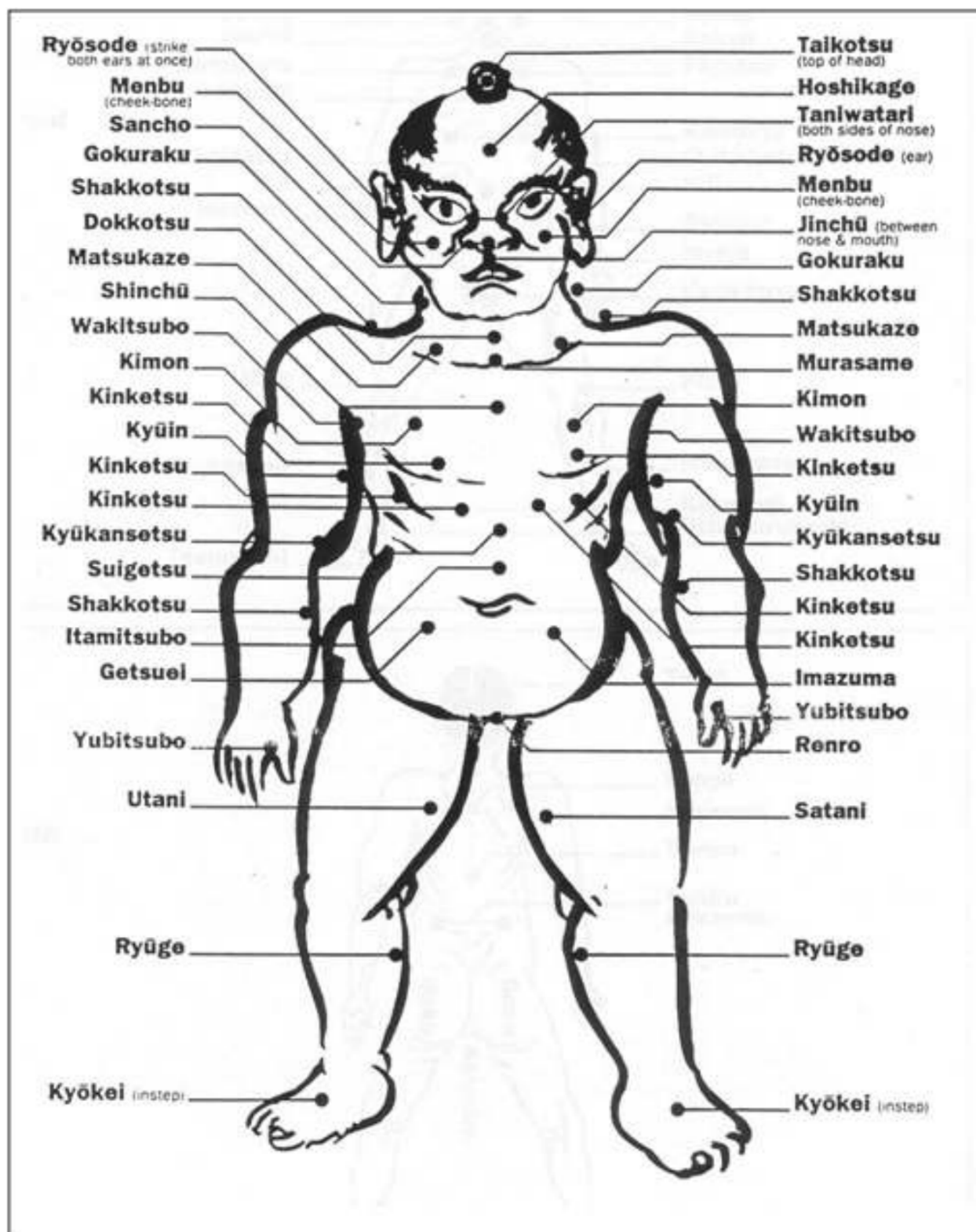
Shodan ★	Average Training Time – 9 months
Ukemi Taihenjutsu	Multiple Attackers
Sanshin no Kata	Flow Proficiency Proficiency with Weapons
Kihon Happa – Kosshi Sanpo	Flow Proficiency Henka Proficiency
Kihon Happa – Torite Goho	Flow Proficiency Henka Proficiency
Weapons	Knife Disarms Gun Disarms
Knowledge	Communication, Gun Safety and Usage, Concepts of Ninpo Taijutsu and Budo Taijutsu

Kyusho

This kyusho striking chart is often different from each school. Because of this we may use different words. This is due to many schools (ryu) coming from different time periods and different locations.

The effectiveness of striking or pressing these points will differ from person to person. Some people will react, while others may have no reaction. Do not become discouraged by this. Kyusho (vital points) are used not to stop an opponent, but to discourage and confuse them.

The only way you can learn their effectiveness is to have the application done on you so you can experience it yourself. Practice these on yourself as well. It is said that a master of Gyokko Ryu must be able to strike down an opponent with one properly placed strike to kyusho.



Suggestions

These books and videos are not mandatory for purchase, but they can assist you with your training. The items listed are focused towards black belt study. Ask the teacher how you can acquire these items.

Books (Shodan)

Tenchijin, Masaaki Hatsumi

Togakure Ryu Ninpo Taijutsu, Masaaki Hatsumi

Ninjutsu: History and Tradition, Masaaki Hatsumi

Essence of Ninjutsu: The Nine Traditions, Masaaki Hatsumi

The Grandmaster's Book of Ninja Training, Masaaki Hatsumi

Ninpo Wisdom for Life, Masaaki Hatsumi

Japanese Sword Fighting: Secrets of the Samurai, Masaaki Hatsumi

All books by Masaaki Hatsumi

Creating Your Life the Way You Want It, Richard Van Donk

Videos

1990 Daikomyosai Kamae – Gyokko Ryu DVD – SPD-7026 (Shodan)

1991 Daikomyosai Ukemi Taihenjutsu DVD – SPD-7027 (Shodan)

Gyokko Ryu Kosshijutsu DVD – SPD-7029 (Nidan)

Kukishinden Ryu Yoroi/Hanbojutsu/Shikomizue DVD – SPD-7031 (Nidan)

2001 Daikomyosai Kosshijutsu Gyokko Ryu DVD – SPD-7015 (Nidan)

Shinden Fudo Ryu Dakentaijutsu DVD – SPD-7039 (Sandan)

Kukishinden Ryu Rokushakubojutsu DVD – SPD-7003 (Sandan)

1998 Daikomyosai Shinden Fudo Ryu DVD – SPD-7012 (Sandan)

Kukishinden Ryu Yarjutsu DVD – SPD-7006 (Yondan)

Kukishinden Ryu Mutodori DVD – SPD-7008 (Yondan)

2002 Daikomyosai Takagi Yoshin Ryu DVD – SPD-7013 (Yondan)

DVDs by Masaaki Hatsumi

Ninjutsu Black Belt Course, Richard Van Donk (Shodan)

20th Anniversary IBDA Tai Kai 8 DVD set – TAIKAI07 (Nidan)

Budo Taijutsu Course, Richard Van Donk (Yondan)

Extra Opportunities – Private Lessons, Events

Private Lessons

If you are interested in extra training in a one-on-one manner, or if you feel you are falling behind and need extra help in your studies. Private lessons are a wonderful option in improving your skills, and we offer 30-minute and 60-minute lessons. Ask the teacher if you are interested in private lessons.

Events / Seminars

Flathead Valley Ninjutsu provides events throughout the year. From annual events to self-defense seminars, guest teachers, focused training events, and more.

Glossary

A

Agura (ah-goo-rah) – cross legged

Aruki (ah-roo-key) – walking

Ashi (ah-she) – leg / foot

B

Banpen Fugyo (bon-pen foo-g-yo) – 10,000 changes, no surprise

Barai (baw-rye) – sweep

Bashiri (ba-she-ree) – running

Bikenjutsu (bee-ken-jewt-sue) – secret weapon skills

Bisento (bee-sen-toe) – brow blade / glaive

Bo (bo) – stick / staff

Bobi (bo-bee) – defense

Boshi (bo-she) – driving finger sword / thumb tip

Budo (boo-doe) – martial way

Budoka (boo-doe-kaw) – person who studies the martial way

Bufu (boo-foo) – martial wind

Bugeika (boo-geh-kaw) / Bugeisha (boo-geh-shaw) – person who studies the martial arts

Bujin (boo-gin) – martial deity / martial spirit / martial artist

Bujinkan (boo-gin-con) – divine warrior's hall

Bunkai (boon-k-eye) – analyzing / disassembly

Bushinwa (boo-shin-wah) – heart of the warrior; cherishing peace

Buyu (boo-you) – martial friend

C

Chi (chee) – earth

Chotto Matte Kudasai (cho-toe maw-tae koo-dah-sigh) – one moment, please

Chudan (chew-don) – middle level

Chuden (chew-den) – middle teachings

Chuto Hanpa (chew-toe hon-paw) – done halfway

D

Daijoubu (die-jo-boo) – are you okay?

Daken (dah-ken) – striking
Dakentaijutsu (dah-ken-tie-jewt-sue) – striking skills
Dan (don) – step / degree / level
Densho (den-show) – scroll / message / to pass onto the next generation
Deshi (de-she) – disciple
Do (doe) – torso
Doko (doe-ko) – angry tiger
Domo arigato gozaimashita (doe-moe a-ree-gah-toe go-z-eye-ma-she-tah) – thank you very much
Dori (dough-ree) – take / catch

F

Fu (foo) – wind
Fudo (foo-doe) – immovable
Fudoshin (foo-doe-shin) – immovable heart / mind / spirit
Fudoza (foo-doe-za) – immovable seat
Furi (foo-ree) – swinging

G

Gake (gaw-kay) – hook
Ganbatte (gone-bah-tay) – keep going
Ganseki (gone-se-key) – rock
Gassho (gah-show) – prayer
Gata (gaw-ta) – form
Gedan (geh-don) – lower level
Gendai Budo (gen-d-eye boo-doe) – modern martial arts
Geri (gae-ree) – kick
Gikan (gee-con) – truth, loyalty, and justice
Go (go) – five
Gogyo (go-g-yo) / Godai (go-die) – five elements
Gokui (go-koo-ee) – essential teaching / secret
Gomen Nasai (go-men nah-sigh) – I'm sorry
Goshi (go-she) – hip
Goshin (go-shin) – enlightened heart
Gotonpo (go-t-on-poe) – five elemental methods
Gyaku (g-yah-koo) – reversal
Gyokko (g-yo-k-ko) – jeweled tiger
Gyokushin (g-yo-koo-shin) – jeweled heart

H

Hachi (hah-chee) – eight

Hai (hi) – yes

Hajimemashite (hah-jee-may-maw-she-tae) – pleased to meet you

Hajimeyo (hah-jee-may-yo) – let's begin

Hajutsu (hah-jewt-sue) – breaking out skills

Hanbo (hon-bo) – half stick / staff

Hanza (hon-zaw) – half seating

Happa (hop-paw) – eight leaf / palms of both hands

Happo (hop-poe) – 8 ways / methods

Hashiri (hah-she-ree) – running

Henka (hen-kaw) – variation / change

Hicho (he-ch-o) – flying bird

Hidari (he-d-are-ee) – left

Hikenjutsu (he-ken-jewt-sue) – secret weapon skills

Hira (he-rah) – flat

Hoko (hoe-ko) – encircling

Hon (hone) – principle / base

I

Iai (ee-eye) – draw

Ichi (ee-ch-ee) – one

Ichimonji (ee-ch-ee-mon-jee) – straight line

Ihen (ee-hen) – changing

lie (ee-ay) – no

Inton (ee-n-t-on) – concealment / escape

Itai (e-tie) – it's painful

Itami (ee-tah-me) – pain

J

Jime (jee-may) – choke

Jo (joe) – short stick / staff

Jodan (joe-don) – upper level

Ju (jew) – ten

Jumonji (jew-mon-jee) – cross

Juppo sessho (jew-p-poe s-eh-s-show) – ten ways of living and killing
(freedom) / to negotiate in all directions
Jutaijutsu (jew-tie-jewt-sue) – gentle body skills
Jutsu (jewt-sue) – skill / technique
Jutte (jew-t-tay) – sword breaker / ten hands

K

Ka (kaw) – fire
Kaeshi (kay-she) – return
Kaiten (k-eye-ten) – roll / turn over
Kakushi (kaw-koo-she) – hidden
Kamae (ka-my) – posture
Kami Stoi (kah-me stow-ee) – moving the width of a sheet of paper; divine space
Kaname (kaw-na-mae) – essential point / essence
Kannin Doshi (kon-n-ee-n doe-she) – perseverance of mutual respect
Kasei Chikusei (ka-say chee-koo-say) – be kind, bright, and friendly with everybody
Kata (kah-ta) – form
Katana (kaw-tah-nah) – sword
Katate (kaw-tah-tey) – one handed
Keiko (kaye-ko) – practice / training
Ken (ken) – strike
Ken (ken) – sword
Kentai Ichi (ken-tie ee-ch-ee) – body fist as one
Keri (k-eh-ree) – kick
Kihon Happon (key-hone hop-poe) – eight basic methods
Kikaku (key-kaw-coo) – demon horn / head butt
Kiri (key-ree) – cut
Kiten (key-ten) – turning
Kiza (key-zah) – seated up on your toes
Kodachi (ko-dah-ch-ee) – small sword
Kogoroshi (ko-go-row-she) – killing the fingers
Koho (ko-hoe) – back / rear
Koppo ken (cope-poe ken) – bone method fist / extended thumb knuckle
Koppojutsu (cope-poe-jewt-sue) – bone method skills
Koryu (ko-ree-oo) – old school
Kosei (ko-say) – offensive

Koshi (ko-she) – hip
Kosshi Sanpo (ko-s-she s-on-poe) – three striking methods
Kosshijutsu (ko-s-she-jewt-sue) – nerve muscle skills
Kote (ko-tae) – wrist
Koto (ko-toe) – tiger knocking down
Ku (coo) – nine
Ku (coo) – void
Kudaki (coo-dah-key) – crush
Kuden (coo-den) – oral teachings
Kuhi (coo-he) – flying skills
Kukan (coo-con) – space and timing within the space / dimension
Kukishinden (koo-key-shin-den) – nine demons
Kumi Uchi (koo-me oo-ch-ee) – two handed grab, chest & sleeve
Kumite (coo-me-tay) – sparring
Kumogakure (koo-moe-gah-koo-rey) – hiding in the clouds
Kunai (coo-nigh) – spade
Kunoichi (coo-no-ee-ch-ee) – woman / female ninja
Kuri Gaeshi (koo-ree gay-she) – to bring a weapon behind the back & let it out over the shoulder (e.g. hanbo, sword)
Kusari Fundo (coo-saw-ree foo-n-doe) – weighted chain
Kusarigama (coo-saw-ree-gah-ma) – chain sickle
Kuten (coo-ten) – flips / aerial somersaults
Kuzushi (koo-zoo-she) – unbalancing / to destroy balance
Kyojitsu (k-yo-gee-tsu) – falsehood / to alternate truth & lies
Kyoketsu Shoge (k-yo-ket-sue show-geh) – hook blade weapon with weighted cord / to run about in the fields and mountains
Kyu (k-you) – class / grade
Kyusho (cue-show) – vital points

M

Maai (ma-i) – correct distancing
Meiso (meh-so) – meditation
Metsubushi (met-sue-boo-she) – eye blinder
Migi (me-gee) – right
Mokuso (moe-koo-so) – silent meditation
Munen Muso (moo-neh-n moo-so) – no thought/no mind
Musha Dori (moo-shaw dough-ree) – warrior take
Mushin (moo-shin) – no / empty mind

Muso (moo-so) – warrior pair
Mute (moo-tey) – no hands
Muto (moo-toe) – no weapon

N

Nagare (nah-gah-ray) – flow
Nagashi (nah-gaw-she) – receiving flow / parry
Nage (nah-gay) – throw
Naginata (naw-gee-naw-tah) – glaive
Nana (nah-nah) – seven
Naname (nah-naw-mae) – diagonal
Nawa no Kankaku (nah-wah no kon-kaw-coo) – connection by rope; feeling of being trapped by rope
Ni (knee) – two
Ninja (n-ee-n-jah) – person who endures
Ninjutsu (n-ee-n-jewt-sue) – endurance skills
Ninpo (n-ee-n-poe) – endurance methods
Ninpo Ikkan (n-ee-n-poe ee-k-kon) – may the spirit of the ninja guide me
Nobori (no-bow-ree) – climbing

O

Ogyaku (o-g-yah-koo) – great reversal
Okuden (o-koo-den) – hidden teachings
Omote (Oh-moe-tae) – outer
Onegai Shimasu (o-neh-guy she-ma-sew) – please assist me
Oni Kudaki (o-knee coo-dah-key) – demon crusher
Ono (oh-no) – axe
Ori (o-ree) – break
Oshi (o-she) – press
Osoto (o-so-toe) – outside hook
Oten (o-ten) – cartwheel
Otoshi (o-toe-she) – drop
Oyagoroshi (o-yah-go-row-she) – killing the thumb

R

Randori (ran-do-re) – freestyle practice
Rei (ray) – bow
Roku (row-coo) – six

Ryomune Dori (ree-oh-moo-ney dough-ree) – two handed chest grab
Ryote (ree-oh-tey) – two handed
Ryu (ree-you) – school / family
Ryusui (ree-you-sew-ee) – flowing water

S

Sabaki (saw-bah-key) – evasion / movement
Sampo (s-om-poe) – hidden
San (s-on) – three
San Shin (s-on shin) – three hearts
Sankaku (s-on-kaw-coo) – triangle / three point
Sanmitsu (s-on-mee-sue) – 3 mysteries / secrets; buddha's body, speech, and mind
Sanpo (s-on-poe) – stroll / walk
Sayonara (saw-yo-nah-raw) – goodbye
Sayu (saw-you) – both sides
Seishin (say-shin) – spirit / intention
Seiza (say-za) – seated
Senban (sen-bon) – flat blade
Sensei (sen-say) – teacher
Seoi (say-o-ee) – back
Shaken (shaw-ken) – throwing stars
Shako (shaw-ko) – mantis crab / hand claw
Shi (she) – four
Shichi (she-chee) – seven
Shidoshi (she-doe-she) – teacher of the way
Shihan (she-hon) – role model / master teacher
Shikan (she-con) – finger ring / extended knuckles
Shikin Haramitsu Daikomyo (she-kin hah-raw-mit-sue die-comb-yo) – may every encounter bring me closer to enlightenment
Shikko (she-k-ko) – knee walking
Shime (she-may) – strangulation
Shin Gi Tai (sheen gee tie) – mind technique body
Shinden (sheen-den) – transmission of heart / mind / divine
Shinden Fudo (sheen-den foo-doe) – immovable heart
Shinken (sheen-ken) – real combat
Shinobi (she-no-bee) – blade over heart / perseverance / to endure
Shinshin Shingan (sheen-sheen sheen-gone) – god's eyes, god's mind

Shishin (she-sheen) – finger needle / little finger
Shitan (she-t-on) – finger end / finger tip
Shito (she-toe) – finger sword / thumb tip
Shizen (she-zen) – natural
Shodan (show-don) – beginning degree
Shoden (show-den) – beginner teachings
Shoshin (show-shin) – beginner's mind / heart
Shoten (show-ten) – running up surfaces
Shuki (shoo-key) – hand start / elbow
Shuko (shoo-ko) – hand claws
Shuriken (shoo-ree-ken) – throwing blade
Shuto (shoe-toe) – sword hand
Sokki (so-k-key) – foot start / knee
Sokugyaku (so-coo-g-yah-koo) – foot reversal / extended toes
Sokuho / Yoko (so-coo-hoe / yo-ko) – sideways / side
Sokuyaku (so-coo-yah-coo) – foot sole dance / heel sole
Sui (sue-ee) – water
Sutemi (sue-te-me) – sacrifice movement / to purposely fall to the ground
Suwari (sue-wa-ree) – seated stance

T

Taihenjutsu (tie-hen-jewt-sue) – body changing skills
Taihodoki (tie-hoe-dough-key) – body escapes
Taijutsu (tei-jewt-sue) – body skills
Tai Ken (tie ken) – body strike
Taisabaki (tie-saw-bah-key) – body evasion
Takagi Yoshin (tah-kaw-gee yo-shin) – high tree, raised heart
Takeori (tah-kay-o-ree) – bamboo break
Tanto (ton-toe) – knife
Te (tay) – hand / arm
Tehodoki (tay-hoe-dough-key) – hand escapes
Teki (te-key) – attacker / opponent
Teppan (te-p-pan) – metal plate
Tessen (tess-sen) – war fan
Tobi (toe-bee) – leaping
Togakure (toe-gah-koo-rey) – hidden door
Toki (toe-key) – top of foot / toes

Tori (toe-ree) – grabber

Torite Goho (toe-ree-tay go-hoe) – five grappling / capturing methods

Tsuki (tsu-key) – strike / to thrust

U

Uchi (oo-ch-ee) – inner

Uchi (oo-ch-ee) – strike / press

Ude (oo-day) – arm

Uke (oo-kay) – receiver

Uke (oo-kay) – receiving

Ukemi (oo-keh-me) – receiving skills

Ura (oo-rah) – inner / reverse side

W

Wakarimasu (wah-kaw-ree-maw-s) – I understand

Wakizashi (wah-key-zaw-she) – companion sword

Waza (wa-zaa) – technique

Y

Yame (yah-may) – stop

Yari (yah-ree) – spear

Yon (yawn) – four

Yoroi (yo-row-ee) – armor

Yukkuri (you-k-coo-ree) – slowly

Z

Zanshin (z-on-shin) – mindfulness / relaxed alertness

Zenpo (zen-poe) – forward