



BUJINKAN

Divine Warrior School

YAMANEKO DOJO

Mountain Lion Hall



Kids Handbook

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Introduction

Welcome to the Bujinkan Yamaneko Dojo's kids program. We emphasize respect and discipline in our teaching of the warrior art Budo Taijutsu. Our art incorporates strikes, punches, kicks, throws, locks, tumbling, stealth, meditation and spiritual empowerment. It is ideal for self defense and protection since it is undiluted by emphasis on tournaments and sport technique. This handbook will guide you in your training for survival and the development of the warrior heart.

The Bujinkan Yamaneko Dojo was founded in 1990 by Shihan Jeffrey Prather. He is one of a very few 15th degree black belts in the United States. Shihan (master or gentleman teacher), is licensed by Hatsumi-Soke and has been his personal student since 1984. He is a double recipient of the Bujinkan Gold Medal and is one of only two men in the world to have been awarded a second Judan (or 10th degree master license) in Shinken Gata (real combat). Shihan received this honor, for his work in teaching military and law enforcement personnel in defensive tactics and firearms worldwide. The Yamaneko Dojo is an official branch of Hatsumi-Soke's international Bujinkan.

History

The International Bujinkan Dojo, located in Noda City Japan, is headed by Dr Masaaki Hatsumi. The Grandmaster (Soke) inherited the title from his teacher, Takamatsu-sensei, in the mid 1970's. He is the sole authority for providing transmission of the techniques to our generation and he has final authority for the policies which guide the Bujinkan Yamaneko Dojo.



Hatsumi-Soke earned black belt teacher ranks in Judo, Kendo, Karate and Aikido. These arts did not satisfy his need for an effective martial art, so he turned to traditional Kobudo (Classical samurai weapon arts). During his training with one of many masters, Soke was told of a master whose weapons techniques were superior to his own. The man the Kobudo master spoke of lived on the far side of the island in Kashiwabara. The trip took Hatsumi eight hours by train. The man was Toshitsugu Takamatsu, 33rd Grandmaster of the Togakure Ryu Ninpo (the highest form of Ninjutsu). Hatsumi would leave Friday evening, travel all night and arrive in Kashiwabara on Saturday morning. He would train with Takamatsu Soke all weekend and leave Sunday night to return to Noda City in time to open his bone clinic Monday morning. This continued for fifteen years until Takamatsu-Soke retired in 1971 and made Hatsumi Grandmaster of the nine traditions. This was when the Bujinkan Dojo was born. Bujinkan means "Divine warrior training hall." The name of Takamatsu Soke's dojo was Sukisha, which means "Place for warrior arts training."

The nine traditions that Hatsumi-Soke inherited are Gyokko Ryu Koshijutsu, Togakure Ryu Ninpo, Koto Ryu Koppojutsu, Kumogakure Ryu Ninpo, Gyokushin Ryu Ninpo, Gikan Ryu Koppojutsu, Shinden Fudo Ryu Dakentaijutsu, Kukushinden Ryu Happobiken, and Tagaki Yoshin Ryu Jutaijutsu.

Fees

In addition to any fees charged for instruction, there is an annual fee of fifty five dollars to cover membership in the International Bujinkan Dojo as well as insurance. This is a mandatory fee, which must be paid directly to the instructor prior to the start of training in any given year. Once a student has progressed into the adult kyu ranks each promotion cost fifty US dollars.

Code of the Dojo

To know that *patience* comes first

To know that the path of man comes from *justice*.

To *renounce* avarice, indolence and obstinacy.

To recognize sadness and worry as natural and to seek the *immovable heart*.

To not stray from the path of *loyalty* and *brotherly love* and to delve always deeper into the *heart of budo*.

To follow this code is part of the dojo's guidelines.

Meji 23 (1890) spring, Toda Shinryuken Masamitsu

Showa 33 (1958) March, Takamatsu Toshitsugu Uou

Hatsumi Masaaki Byakuru



Dojo Etiquette (Rei Ho)

To develop a warrior heart of compassion, Japanese customs are followed during training.

Upon Entering the Dojo

When entering or leaving the dojo face the kamidana (dojo shrine) and bow. The bow is done from the waist with the back straight, hands at the sides, and feet together.

Greetings

Upon entering the dojo and meeting other students or instructors each student should bow and give the appropriate greeting. The bow is the equivalent of a handshake in Japan and should be seen as polite and important. The proper greetings are:

Ohayo gozaimas	ohio*goes*eye*mas	good morning
Konichiwa	cone*itchy*wa	good day
Konbanwa	cone*bann*wa	good evening



Getting into Uniform and Other Personal Acts

In Japanese culture it is improper to get dressed, fix your clothes, sneeze, yawn or do other personal acts in full view of people. Because of this both students and instructors should turn away from other people when getting into their uniform before class. Each student should also turn their backs to others when they are sneezing, yawning or fixing their uniform during class.

At the Beginning of Class

At the beginning of class the sensei (teacher) stands in front of the kamidana or Kamiza and sits facing the class in seiza and begins what is called shinzen rei.

The class lines up facing the sensei. The highest ranking student stands to the right side of the sensei and the line progresses by rank to the left, facing the kamidana. Each line usually consists of five people. When a line is formed the next ranking people persons starts a second line, and so on.

The Senior student starts to sits in seiza and the rest of the class follows in a cascade by rank. The sensei will turn and face the kamidana and say the kotodama (prayer for spiritual guidance): Chihayfuru kami no osewa tokosheini tadashiki kokkoro mio mamorauran. Shiken harimitsu dai komyo.

The class then repeats 'Shiken harimitsu dai komyo' (may my next act bring enlightenment). The whole class then claps twice with the sensei, bows, clap once more, then bows again. This bowing to the kamidana is voluntary and is used to pay respects to the spirit of the Bujinkan. Some people find that this conflicts with their religious or personal beliefs and choose not to bow.

After shinzen rei is shi rei. The sensei turns to face the class. The sensei and the whole class bows

together and say “Onegai shimasu” (please teach me). Any announcements will then be made and the class will begin.

During Class

Dojo Rei (training etiquette). When Sensei is finished speaking and says hajime (begin), bow to sensei and go train. When you begin training with someone, if you do not know them introduce yourself. Bow to each other and say ‘Onegai shimasu.’

When you are finished training bow to your partner and say Domo arigato gozaimasta (thank you for teaching me).

Stop training immediately when sensei is ready to teach a new lesson. Bow to your training partner and then give the Sensei your full attention.

If during training the instructor comes and gives you special instruction, give them your full attention. When they are finished bow and say “domo arigato gozaimasu sensei” (thank you teacher). They will reply and you may continue training.

It is extremely important to exercise control in the dojo. We do not want to hurt our training partners. Part of the reason we train is to be able to defend ourselves in the event of a threat outside the dojo. If you have trained so hard that you can not defend yourself properly you have defeated the purpose of training.

After Class

After class we bow out in the same manner we bow in. But “Domo arigato gozaimashta” (Thank you very much for teaching me) is said instead of ‘Onegai Shimasu.’ The class then bows. The students will exit the dojo cascading by rank. After class or mid class, all the students and the instructor gather in a circle to drink tea together.

Bowing Concerns

If bowing to the kamidana violates your religious or patriotic beliefs, please feel free not to do so. This will in no way affect your standing in the dojo.

Dojo Youth Testing Requirements

1st Stage Yellow

- | | |
|----------------------------------|---|
| 1. Zempo (forward) kaiten (roll) | 4. Rei ho (bowing) |
| 2. Yoko nagare (Side fall) | 5. Onegai shimas (please teach me) |
| 3. Ichimonji (first stance) | 6. Domo arigato gozaimashta (thank you) |

2nd Stage Yellow

- | | |
|---------------------------------|------------------------------|
| 1. Ushiro kaiten (sit-out roll) | 4. Tsuki (punch) |
| 2. Trip out back roll | 5. Belt tying, gi folding |
| 3. Jumonji | 6. Budo taijutsu translation |

3rd Stage Yellow

- | | |
|---|----------------------|
| 1. Yoko kaiten (side roll) | 4. Jodan & gedan uke |
| 2. Translation of nin (perseverance). Shinzen rei | |
| 3. Kamai (stances) | 6. Geri (kick) |

1st Stage Orange

- | | |
|------------------------------|-------------------------------|
| 1. Cat fall and against wall | 4. Four way kicking |
| 2. Hand releases | 5. Shiken harimitsu Dai komyo |

3. Chi No kata

6. All rolls without mats from pushes

2nd Stage Orange

1. All rolls with attacks
2. Falls with attacks
3. Hair escapes

4. Keri Kaishi (kick catching)
5. Sui no kata
6. Yamaneko (Mountain Cat)

3rd Stage Orange

1. Awareness
2. Chokes
3. Leaping attacks

4. Shihotobi (four way leaping)
5. Hi no kata
6. Bujinkan History

1st Stage Blue

1. Body releases
2. Fu no kata
3. Awareness color system

4. Omote gyaku
5. Ura gyaku

2nd Stage Blue

1. Blade handling safety
2. Ku no kata
3. Osota nage

4. Ganseki nage
5. Suwari gata

3rd Stage Blue

1. Firearms safety
2. Emergency contacts
3. Go gyo no kata

4. Mushodori
5. Mussodori
6. Onikudaki

Purple

1. Tea
2. Firearm safety
3. Ryu history

4. Ichi monji
5. Jumonji
6. Hicho

Test into adult class as 5th kyu

Basic Stances

Shizen no Kamae

Natural Stance. Stand with feet shoulder width apart, knees slightly bent. This kamae should not look as if you are doing anything but standing there. This is the base kamae, all other kamae come from here. It is non-aggressive kamae.

Seiza

Seated posture. Sit on the feet with the legs under you. Men should sit with hand in a loose fist placed on the hips. Legs two fists distance apart. Women should sit with legs together and open hands on thighs.



Fudoza no Kamae

This method of sitting is used on the battle field. It is a masculine way of sitting and allows for easy movement. It is very difficult to explain in writing, so it will be explained in class.

Ichimonji no Kamae

Number one stance. Stand in shizen no kamae and step back with the right leg at a



forty-five degree angle to the attack. The lead foot should be pointing in the direction that you are moving, with the knee in alignment over the foot. The rear leg should be bent supporting about sixty percent of the body's weight. The lead hand points straight at the attacker shaped in a shuto. The rear hand floats over the chest also in a shuto. This kamae is used to move away from linear attacks through the use of angular movement.



Hicho no Kamae

Bird stance. From Ichimonji no kamae bring the lead leg back and place the foot on the calf of your rear leg. This kamae is effective against sweeps and other feet attacks and is only held for a brief moment.

Hira no Kamae

Wind Stance. Stand in Shizen no Kamae and bend knees with the feet turned outward. Extend your hand out to your sides at one hundred eighty degrees apart. This is a receiving posture and is used in defence.



Doko Kamae

Angry tiger stance. From Ichimonji no Kamae bring the rear hand over your head and hold it in fudo ken. This is an aggressive stance and is used when attacking.

Hoko no Kamae

Angry bear stance. From Hira no Kamae bring the arms forward and over the head as if you were a bear standing to attack. This stance can be aggressive or receiving posture.

Jumonji no Kamae

Cross stance. Stand in shizen no kamae step slightly with forward while bend at the knees. Bring the hands up in front of yourself and cross them with a fist space between them. Hands should be in fudo ken.



Ryugas

Togakure Ryu

Hidden Door School was developed in the mountainous region of Iga. It is known for its long narrow stances for fighting on mountain trails. The main teachings of the ryu are "Violence is to be avoided, and Ninpo is Bujutsu." and "Use the sword to be peaceful, and protect country, family and nature."

Gyokko Ryu

Jewel Tiger School may have come from china during the Tang dynasty(618 AD - 907 AD); however, the techniques were not organized into a ryu until the 16th century by Sakagami Taro Kunishige. Gyokko Ryu was past to the Momochi Family, adding it to the Iga Ninja tradition. The "Kihon Hoppo" (eight fundamental techniques) comes from Gyokko Ryu. The school specializes in kosshijutsu (attacks against muscles) and Shitojutsu (use of thumbs and fingers). A saying in Gyokko ryu "The warrior's heart is precious, and essential."

Kukishinden Ryu

Developed from Kukishin Ryu. Kukishin Ryu was founded by Yasushimaru Gurando. Yasushimaru known for his skill at ninjutsu and bujutsu was sent to rescue the emperor Go-Daigo. During the rescue, Yasushimaru's army defeated many samurai using Naginata. When a samurai officer cut the blade off the naginata. Yasushimaru used only the pole (bo staff), to defeat the officer. After this event Yasushimaru created Kukishin Ryu which emphasizes the Bo.

Koto Ryu

Tiger Knocking Down School came to Japan from China via Korea by Chan Busho (Chinese warrior). Many generations later, it was passed to Sakagami Taro Kunishige the Soke of Gyokko Ryu. These schools were past down together. Koto Ryu is based on koppojutsu (bone crushing) techniques. In Koto Ryu, short, quick movements are common. Yoko Aruki (cross stepping) and stomping on toes (toki) are typical movement of Koto Ryu.

Shinden Fudo Ryu

Immovable Heart School. In this Ryu, Hojojutsu (rope techniques) are used with taijutsu as a means to restrain the opponent is taught. This school uses several types of yari (spears). Izuma Kanja Yoshiteru is credit as the founded of this ryu in Jigano Kano, the founder of judo, studied this ryu.

Takagi Yoshin Ryu

High Tree, Raised Heart School specializes in grappling and throwing.

Gikan Ryu

Truth, loyalty, and Justices School. Also uses koppojutsu

Gyokushin Ryu

Jeweled Heart School

Kumogakure Ryu

Hiding in the clouds school is one of the three Ninjutsu ryu of Bujinkan. Not taught openly peer Soke.

Additional information is available via Shihan Prather's DVDs and Soke's books and DVDs. The information regarding the ryus history is obtained from Paul Richardson and Richard Van Donk's book *An Introductory History to the Schools of the Bujinkan*.

Ninja Cross Word

J U A Z N E T P N U V U Z I X Y O Q K O L G E R V W T G S Y
 S Y Y M W M W Q D D D V E V Q U N P I G D G I U K E O F I K
 Y S C G C S E N N C D X J K C B Y A C Q G Y I B B Q G C M J
 J O L U J H R P N F Y G O N V K N Q X W L O U T E P A H K Q
 D V N P Q W Z P K B O T S E I F T Q G O W K A O T L K G D V
 S V Y C O A N N K E O F O S M B P Y P Z Q K D O T J U A F K
 L D J W N H U V D B B G F E T T O M F O A O T T S G R V M F
 B D K F G O C I M D X T W F W L K Q Z G E N L M Q G E V W J
 G J J V O Q E G Q R T T I Y N B N L I Q A A E K Z S V O O J
 F C K R X O D U F N E D N I H S T Y I X Z E J U W Q T C W P
 G Q Q D T X Y Z C Q X X P H X B O P N V R F Z M T O U R K I
 W A L O C C Y K H G W O M I R S G O Z N J R Q O D M F S V L
 M K C R U A W Y L T O D T T H N A K I G P T B G U N A S V Y
 U X J M K A H R S B K O C I J Z X U D R R C S A P G L L D C
 K M Y L K M S G I M T H N Q G T Z B E S N U A K I O L T O N
 F W N E D N I H S I K U K P W Y U R L O T M N U R O Y U V N
 U A U B D L R B B C P H W X T C V X T W U O H R E J Z Z D F
 A J R A Q Q Z I T R Z X Z P F M E K F O E Z E E Z Y F U F W
 B I O U R P G K S O N Z Q B T C U G A P T L K L I G C L N I
 Q M D L J X G Y O K U S H I N E O P Z J L D Z A M M P Q C K

GIKAN
GYOKKO
GYOKUSHIN
KOTO
KUKISHINDEN
KUMOGAKURE
SHINDENFUDO
TAKAGIYOSHIN
TOGAKURE

D O V R R E C I T S U J U E K Y M A P J P E A X S V S X O L
 B M G Y G T B S D Z A O L Z L J X U Z R V M M V Y E H Z V E
 R V J W I P D I F S U B R O S R M D O O V K U H D R S D H N
 C A I I Y N I U V E I K M E A L C T L D D P Y O E Z Z G O E
 A L H L O D S I Q S U D R G A T E E K F G T O K U N W T J J
 F U Z D V N C C N R Y T G L D C N T Y Q V G Q I X B A U R A
 Y E L J P I I O E A L F U G T S V I E C N E I T A P C C W W
 W J F O Q J P V H Y D I Y Z Z M R Q W N Z T U N K B R L D F
 V B S E R S L S O P D S Q G K X R U I F W D S U S A E I C J
 K A V P E D I N I W W W E T Z J G E N A W Y A J K L S O L F
 U T J R I W N Y R C K X L B I G L T J E K J U U K I P T J M
 B B B Z J R E B N Q X O W T Q O E T N H R W I W Y I E D C A
 T C K K B L I C H H Y B Y V U X H E Y A E X N A R W C A S J
 N V H L M K A T I A B C E C A E P H B M E J S C Z A T F W I
 F E Z E Q X T Y L J O N M Y H G F F P T E T R A E H L O K D
 S C M P T X L T Z V Q D F V S H M O T R Q E F X N Z S K V T
 G B Q H G I Y Y U Z V J O K N J W U R U G T S J P T S X R Z
 C O D R M R W Y P C S J T T L E Q B E T J X D W A C S H Y N
 U J C A K O S Z M M R W E U R F X E R H P E E B N W E V A O
 F O F K K Y L Z M P S K D O K V X M A N N E R S I U D J I W

DISCIPLINE
EMPOWER
ETIQUETTE
FAMILY
GOOD
HEART
JUSTICE
LOVE
LOYALTY
MANNERS
PATIENCE
PEACE
PROTECT
RESPECT
RESPONSIBLE
SPIRIT
TRUTH
VALUE