

Warrior Concepts Black Belt Mastery Program

Adult Ninpo-Taijutsu - Stage 1



Module 1: Earth-Mode Training & Curriculum Outline

White, Yellow & Yellow/Black Belts



Warrior Concepts International
Life Mastery Academy

Self-Protection & Personal Development
for Those Who Want Only THE BEST!

Mukyu Chi No Kata Musha Shugyo Tebiki

Module 1 Basic “Earth-Mode” Warrior Development Workbook

By Shidoshi Jeffrey M. Miller

Founder & Master Instructor
Warrior Concepts International

Copyright (C) 2004, 2009 Jeffrey M. Miller

All Rights Reserved. This document and its contents are proprietary material protected by federal copyright laws and may not be copied, transmitted, displayed or used in any manner without the expressed written consent of Jeffrey M. Miller and Warrior Concepts International.

Adult Module 1:

Realm of the Confident Leader

'Building a Solid Foundation for Mastery'

This training booklet contains all requirements for advancement through, and graduation from Module 1. Please read it through carefully as you are personally responsible for fulfilling the requirements necessary for advancement.

Every effort has been made to help you succeed. But your instructors can not do this for you. It is ultimately up to you to do the self-study, home practice and attend class regularly so as to be able to produce the results you need from this program.

REMEMBER: White Belt is perhaps the most important rank in the martial arts. It marks your first steps onto a path that will make you more successful, more confident, and stronger than you ever thought possible. The habits and skills that you will be developing over the next several weeks and months will form the foundation for everything you will do over the rest of your martial arts career. There will be challenges, successes and some amazing discoveries along the way. But, remember most of all that the journey to Black Belt starts with the first step. Have fun, learn lots, practice hard, and one day in the not-so-distant-future, your master instructor will be tying your Black Belt around ***your*** waist. We already see you as one of our future instructors teaching others the secrets and skills of the ancient masters, the rest is up to you!

Module 1 introductory level students are expected to:

- * Train two days per week**
- * Make up all missed classes
before review week**
- * Practice at least 15 minutes each day**
- * Attend all stripe and belt testing on schedule**
- * Show proper respect and consideration for others**
 - * Learn how to be an excellent student
and future Black Belt Leader!**

MUKYU

Beginner Levels **White & Yellow Belts**

It is essential for you, as a student and future Black Belt Instructor of Warrior Concepts International, to focus on the basics of self-protection when aspiring to the blue belt levels of Module 2. During your study through this module, you should strive to understand the mechanics of body positioning and evasive movement with the 4 primary postures. With the proper mindset and attention, you will see the simplicity of the techniques and your own ability to perform the material presented within your first few classes.

In the dojo, your goal through module 1 is to be aware of the confidence felt when doing techniques that you become comfortable with, as-well-as the firmness of your own resolve to successfully survive a dangerous situation. In addition to the self-defense skills and techniques, you should be able to demonstrate your capacity for respect and the willingness to be a good student. This is shown through your attitude in class, including the proper wear and care of your uniform, practicing between classes, and the proper form of bowing from standing and seated postures.

Chi, the 'earth' element and focus of module 1, corresponds to the solid parts of the body, such as the bones and teeth. It represents the firm aspects of our personality such as confidence and 'standing up for what we believe in.' The earth center of the body is in the base of the spine, movement is up and down, and tension is centered in the thighs and seat. The color associated with this element on a base, primitive, or elemental level is red and represents a 'stopping' or 'holding' quality. The color associated with this element from a life-enhancement and personal development level is yellow, the color of your belts through module 1, and represents the concept of value.

To demonstrate an understanding of these levels on an academic level, reading the books "***Enlightened Self-Protection***" and "***NINJUTSU: Art of the Invisible Warrior***" by Stephen K. Hayes, and "***NINJUTSU: History & Tradition***" by Masaaki Hatsumi, and submitting, as a minimum, a 50-word report on selected chapters is required along with the confident demonstration of the following skills and knowledge areas:

- I. **SHIZEN NO KAMAE** ('Natural' body posture)
- II. **FORWARD AND BACKWARD DROPS & SAFE FALLS** (*Taihenjutsu*)
- III. **BASIC STRIKING METHODS** (*Dakentaijutsu*)
- IV. **BASIC GRAB-RELEASES** (*Jutaijutsu*)
- V. **EARTH-MODE LONG-LONG BREATHING** (*Chi no kata Kokyu-ho*)
- VI. **STUDENT CREED** (*Sanki-e Sankyo*)
- VII. **NINPO HISTORY & BASIC JAPANESE VOCABULARY** (*Rekishi*)
- VIII. **VALUE-BASED LIFE-SKILLS** (*Seishin teki kyoyo*)
- IX. **BASIC BODY STRETCHES & CONDITIONING EXERCISES** (*Taiso*)

Module 1: White, yellow & yellow/blk belt skill and study outline

Chi no kata 'Earth-mode' of confident success

Check off each skill and requirement as you receive it in class or complete it. Keep this study book in your main training notebook and refer to it before and after each class so you will know what to practice and what questions you have about your progress and development. It is your responsibility to know this material by each test date.

The material is presented on a rotating schedule. Students are responsible for the material taught during the weeks and months since joining the program. Due to the rotation and layout of the instructor's lesson plan, students will not be learning the material in the same order as everyone else. However, the core principles and concepts are inherent in all of the techniques, so the order does not matter as much as the student's ability to pick up and internalize the lessons of balance, form, speed and power and to apply these lessons to the new material as they learn it.

CHI NO KATA KIHON WAZA "Earth-mode Fundamental Skill Areas

Taihen-waza 'Body Movement Skills' (Basic mechanical ability and knowledge of the following skills)

- Squatting "Bunny" body drop
- Forward breakfall to kohen
- Sitting breakfall to asuka
- Forward roll-over (from kohen, seiza, and kneeling guard)
- Side roll-over (from kohen, asuka, seiza & fudoza)
- Back roll-over (from kohen, asuka, fudoza, seiza and kneeling guard)
- Basic Ninja bent-knee standing/walking (body alignment: ears-shoulders-hips-feet)

Kamae 'Defensive Postures' (Correct form, movement and strategic attack-counters)

- | | | | |
|--|---------------------------------------|--|---------------------------|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Shizen ("Natural 'standing' posture") | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Seiza ("Formal seat") |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Ichimonji ("Figure-1") | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Fudoza ("Immovable seat") |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Jumonji ("Figure-10") | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Kohen ("Tiger-change") |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Hira ("Flat"/ "Level") | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Asuka ("Leg defense") |

Dakentaijutsu 'Striking Methods' (Correct form and understanding of limb extension & positioning)

Ninja-ken 'Fists'

- Clenched fist/fore-knuckle punching weapon (Fudo-ken)
- Clenched hammerfist weapon (Kongo-ken)
- Palm-heel/claw hand (Shako-ken)
- Elbow and forearm weapon (Shuki-ken)
- Knee and shin weapon (Sokki-ken)

Uchi 'Striking'

- 4-part striking setup
(1. Get distance 2. Ready position 3. Check partner's readiness 4. Step and strike/kick)
- Lead, cross and lunging strikes (with all fists)
- Inside and outside - high and low "blocking" forearm strikes
- 5-directional elbow strikes (lifting, inside/outside lateral, dropping and rear)

CHI NO KATA GOSHINJUTSU KIHON GATA

'Earth-mode Basic Self-defense Examples'

Strike Defense Techniques (Shizen-based - use of proper positioning for stability & strength)

□□□ vs. Hooking face punch #1: (high block, distract, hammer fist or elbow)

□□□ vs. Hooking face punch #2: (high block, palm strike jaw, claw hand takedown)

□□□ vs. Straight stomach punch #1: (low block, elbow head, followup)

□□□ vs. Straight stomach punch #2: (low block, lock elbow, catch shoulder, knee strikes)

□□□ vs. Any grab, punch or kick #1: (avoid w/ ichimonji, jumonji or hira, kick followup)

□□□ vs. Any grab, punch or kick #2: (avoid w/ ichimonji, jumonji or hira, punch followup)

Grab-defense Techniques (Basic understanding of escaping from restraining grips and holds)

□□□Mirror-side wrist grab escapes: spread fingers, step back, lever against thumb (or strike pressure point) to release, move away (*Kata-te hodoki*)

□□□Cross-side wrist grab escape #1: step outside, lift hands to 'prayer-position', push through (or attack nagare or hoshi point to release grip), move away (*Kata-te hodoki*)

□□□Cross-side wrist grab escape #2: chop down against grabbing hand, 'knock' on back of hand, (if necessary to stop attacker - step in, lever knee), move away (*Chi no kata jutaijutsu bogyo gata*)

□□□Dbl-hand wrist grab escape: push/pull to set attacker's strength, smash thumbs together, chop down to release grip (*Ryo-te hodoki*)

□□□Body grab ('bear-hug') escape: grind on back of hand, elbows or foot stamps, follow-up (*Tai-hodoki*)

□□□Cross-arm choke escape: bend knees and drop chin, crush 'nagare' point, turn with elbow strikes or foot stamps, follow-up (*Jime-kudaki*)

□□□Single-hand lapel grab escape #1: drift back with grab, apply crushing pressure to thumb or little finger joint, move away (*Oya/Ko-goroshi*)

□□□Dbl-hand lapel-grab escape: step back with grab while lifting arms, strike forearms to break grip, kick, move away (*Keto Kata*)

Module 1 Belt & Module Graduation Requirements

White to Yellow Belt Advancement

- Learn and correctly **recite the 3-part Student Creed** with confidence
- Correctly **answer the following questions** about your dojo, your martial art and the Earth-mode of confident control:
 - What is Respect? How do you show respect at home, in school, and in the dojo? Why is it important for self-defense?

Respect is showing that other people, places, and things are as important to us as we are to us. We show respect at home by honoring our family members and responsibilities to them. We show respect at work by doing the best job at everything we do - doing everything as though we were signing our name to it - and not passing on problems or mistakes to others. And, we show respect in the dojo by bowing in and out of the dojo when entering or leaving; by saying "Yes, sir; no sir" and "Yes, ma'am and no, ma'am" when asked a question by an instructor or senior student; and honoring our tradition by always doing our best.
 - What is the Japanese name for our unarmed martial art? *Ninpo-Taijutsu*
 - What does that name mean in English? *The Ninja's body-art.*
 - What are the names of your instructor's?
- Correctly translate** the following Japanese vocabulary:
 - Onegai-shimas'** ('oh-knee-guy-she-mahs') *"Please (assist me)"*
 - Domo arigato gozaimas'** ('doe-moe-ah-dee-gah-toe goh-zahee-mahs') *"Thank you very much"*
 - Dojo** ('doe-joe') *"Training hall" (lit. 'A place where enlightenment takes place')*
- Correctly demonstrate** the following skills with attention to form and correct positioning:
 - 4 basic kamae (with proper stepping and weight distribution)
 - Standing bow (with respectful greeting and attitude)
 - High and low shizen blocks
 - Correct demonstration of the basic strikes learned since beginning your training
 - Demonstrate the basic dropping and/or rolling skills with progress since beginning
 - Confident demonstration of the strike and grab defense models learned since beginning your training
- Can explain **'Self-Esteem' ('confidence')** and submit a report telling 'how it relates to the Student Creed and why it's important to success' by the 20th day of your 1st month in training
- Can explain the **Self-Defense Phases of Progression** from your book and submit a report telling 'why they are a necessary part of your training' by the 20th day of your 2nd month in training
- Has attended a **minimum of 16 classes** prior to testing for Yellow Belt
- Has **participated in a progress conference with the chief instructor** prior to testing for Yellow Belt
- Knows and demonstrates the **proper care and wearing of the martial arts uniform** (clean & wrinkle-free)
- Knows and can demonstrate the **proper tying of the martial art belt**
- Knows and demonstrates the **proper line up and class opening/closing** procedures
- Displays proper dojo etiquette** ("Yes sir/Yes ma'am"; bowing in and out of dojo, etc. without prompting)
- Received approval signature** from primary instructor to test for Yellow Belt

Yellow to Yellow/Black Belt Advancement

- Explain the importance of the **3-part Student Creed** and how it relates to success in your training
- Correctly **answer the following questions** about your dojo, your martial art and the Earth-mode of confident control
 - What is Confidence? How does it relate to the dojo, the tradition, and to self-defense?

Confidence is the knowledge that you have, will, and continue to do your best. It is the assurance and trust in yourself that comes from knowing what you know and knowing what you don't know and being OK with it. Confidence, as demonstrated in the dojo is shown by trusting your instructors and doing your best, even if its not perfect yet. Confidence in the tradition comes from knowing that the WCI Life Mastery Program has been handed down over centuries where others, just like yourself, have had to face challenges and often life or death dangers to insure their own safety and to pass this knowledge to us. We know that the material works. Confidence in a self-defense situations come from our own recognition of self-value and determination to apply what we have learned to win.
 - How old is our martial art? *Over 900 years old.*
 - What country did our martial art come from? *Japan with earlier Chinese and Himalayan influences*
 - What is the Japanese name of this school and what does that name mean in English? *Bujinkan Kuryu Dojo ('boo-jeen-kahn koo-ryoo-doe-joe'). It means "The Training Hall of the Divine Warrior's 9 Lineages"*
- Correctly translate the following Japanese vocabulary:
 - Gi** ('Ghee') [the letter 'G' is always pronounced in it's hard form - never like the letter 'J'] *"Martial arts uniform"*
 - Obi** ('Oh-bee') *'Martial arts rank belt'*
 - Sensei** ('Sehn-say') *"Martial arts teacher"* (lit. 'One who has gone before me')
- Correctly **demonstrate the following skills** with attention to form and correct positioning:
 - Review the 4 basic kamae** with improvement since white belt
 - Review the standing bow** with improvement since white belt
 - Correctly **demonstrate the basic strikes** learned with progress since white belt
 - Demonstrate the basic dropping and/or rolling skills** with progress since white belt
 - Confident demonstration of **the strike and grab defense models** learned since attaining yellow belt
- Can explain the importance of **Fitness & Exercise** and submitted a report on how it relates to self-protection by the 20th day of your 1st month as a Yellow Belt
- Shows **Proper Respect** for the Dojo and art. Submit a 50-word minimum report explaining ninpo-Taijutsu, some of the skills included and training methods used from part 1 of your book by the 20th day of your 2nd month as a Yellow Belt
- Has attended a **minimum of 16 classes** since testing for Yellow Belt (**32 classes since beginning**)
- Has **sponsored at least one new member** or participated in community service function prior to testing for Yellow/Blk Belt
- Knows & **demonstrates the proper care and wearing of the martial arts uniform** (all patches sewn correctly)
- Demonstrates the **proper tying of the martial art belt** with improvement
- Knows and **demonstrates the proper line up and class opening/closing** procedures
- Received authorization signature** from primary instructor to test for Yellow/Blk Belt

Graduation to Module 2 (Blue/white Belt)

- Explain the importance of the **3-part Student Creed** and how it relates to success in your life
- Correctly answer the following, and review all previous, questions about your dojo, your martial art and the Earth-mode of confident control
 - What is concentration?

Concentration is the ability to focus your attention on a thing, no matter what else is going on. It is the ability to 'pay attention' to what matters so you can do your best and be safe. Concentration is an important skill in a self-defense situation because it helps to keep our attention on the things that matter. As a key to success, the ability to focus allows us to stay on track with the goals that we have set without becoming distracted by life's little side roads!
 - What is the most important first thing to do when you might be in danger? *Pay attention.*
 - What is the combat strategy of the earth element? Where is the body's center of motion and emotion when we are operating within this earth-mode? *The combat strategy of the earth-mode is to rely on our confidence and firm resolve and to defeat the adversary through strength and positioning. We use the hard, strong and firm parts of ourselves against the weaker parts of our assailant to crush his or her attack before it can harm us. The center for earth is at the base of the spine and motion is focused in the hips and seat.*
 - Since beginning your training, what is one thing that you have done to increase your personal security? (Your answer)
- Correctly translate the following Japanese vocabulary:
 - Shitsurei-shimas'** ('shee-tsoo-ray-she-mahs') "Please excuse me (for my rudeness)"
 - Kamae** ('come-mah-eh') "Body-mind-spirit attitude" 'self-defense posture' (or) 'position of safety'
 - Rei** ('ray') "Bow" (lit. 'respectful attitude')
- Correctly demonstrate the following skills with attention to form and correct positioning:
 - Review the 4 basic kamae with improvement since yellow belt
 - Review the standing bow with improvement since yellow belt
 - Correct demonstration of the basic strikes learned with progress since white belt
 - Demonstrate the basic dropping and/or rolling skills with progress since white belt
 - Confident demonstration of the strike and grab defense models learned since attaining yellow belt
- Can discuss Ninja History & has submitted a report (50-word min) from Chapter 1 of your book NLT the 20th day of your 1st month as a yellow/blk belt. Tell why it's important to be able to pay attention.
- Can explain the basic breakdown of the **Ninja's Self-Defense Arts** & submitted a 50-word (min.) Report from chapter 4 of your book, describing some of the skills learned and training methods used in the dojo NLT the 20th day of your 2nd month as a yellow/blk belt.
- Has attended a **minimum of 16 classes** since testing for Yellow/Blk Belt (48 classes since beginning)
- Has **sponsored at least one new member** or participated in community service function prior to testing for Yellow/Blk Belt
- Knows and demonstrates the **proper care and wearing of the martial arts uniform**
- Demonstrates the **proper tying of the martial art belt** with improvement
- Knows and demonstrates the **proper line up and class opening/closing** procedures
- Received authorization signature** from primary instructor to test for Blue/Whit Belt

* **Community Service functions** are classified as any activity which promotes the tenants and benefits of martial arts training in the community as a way to improve safety, awareness, and goodwill. The following are the approved community service activities for students and members of WCI:

- Participation or assistance with an organized demonstration or presentation (including assisting with the game booth to help raise funds for the charities involved)
- Hanging or dissemination of academy flyers to increase public awareness of our programs
- Participation (solo or with a group) in a project designed to improve, maintain or enhance the appearance of the dojo for all students and members
- Sponsor an instructor at your school, church / Sunday school, scouting or other gathering for a talk on safety, Japan or the mastery leadership character traits of the martial arts taught at WCI (i.e. confidence, respect, etc.)

NOTES:

