

# General

Read the Guidelines of Bujinkan

Examples given are not to be used for testing. They will not count. They are there to give you a starting idea that you can use to start to explore for yourself. Your own personal exploration is what we will be looking for during your test.

As you learn to use weapons, you learn to defend against them as well. Learn to use san shin and kihon happo as both offense and defense with/against weapons

Students must purchase their own weapon for each level in which a weapon is introduced for knife, katana, hanbo, bo, kusari fundo.

Students must teach from 5<sup>th</sup> kyu and up either on campus or at the dojo in a rotating schedule.

Students must register with Japan

# Kukyu- 9<sup>th</sup> Kyu

## Etiquette

Bow in procedure, bowing in late, and other basic etiquette

## Basic Dojo Japanese

Onegaishimasu- Please assist me

Domo arigato gozaimashita- Thank you very much

Shiken Haramitsu Daikomyo- Through every encounter, may I be brought to the highest light

Yame- Stop

## Kamae

Shizen No Kamae- *Natural Posture*

Seiza No Kamae- *Correct Seat Posture*

Ichimonji No Kamae- *Figure Number One Posture*

Hira No Kamae- *Flat Posture*

Jumonji No Kamae- *Figure Number Ten Posture*

Hicho No Kamae- *Flying Bird Posture*

Hoko No Kamae- *Encircling Posture*

Kosei No Kamae- *Aggressive Posture*

Hantachi No Kamae- *Half Standing Posture*

Fudoza No Kamae- *Immovable Seat Posture*

Doko No Kamae- *Angry Tiger Posture*

Ihen No kamae- *Changing Posture*

Bobi No Kamae- *Defensive Posture*

Hanza No Kamae- *Half Seated Posture*

Understand the importance of proper kamae

Try all kamae on one foot

# Taihenjutsu

## Ukemi

Zenpo Ukemi- *Forward Breakfall*

Koho Ukemi- *Backward Breakfall*

Yoko Ukemi- *Sideways Breakfall*

Yoko Nagashi Zenpo Ukemi- *Sideways Flowing Forward Breakfall*

## Kaiten

Zenpo Kaiten Naname- *Forward Diagonal Roll*

Koho Kaiten- *Backward Roll*

Zenpo to Koho Kaiten- *Forward to Backward Roll*

Sokuho Kaiten- *Sideways roll*

Yoko Nagare- *Sideways Flow*

Oten- *Cartwheel*

Hicho Kaiten- *Flying bird roll*

Jun Nagashi- *Turning Flow*

Shikko- *Knee Walking*

All done with 2 hands

Understand the principles of Ukemi (why is it done this way?)

Understand what makes a good Uke

## Dakentaijutsu

Jodan Uke- *Upper Level Receiving*

Gedan Uke- *Lower Level Receiving*

Fudo Ken- *Immovable Fist*

Jodan Tsuki- *Upper Level Punch*

Zenpo Geri- *Forward Kick*

## Tai Sabaki

45 degree evasion from attacks

## Zanshin

Keep your mouth closed and your back hand up

Know who Massaki Hatsumi and Toshitsugu Takamatsu are

# Hachikyu- 8<sup>th</sup> Kyu

## Dakentaijutsu

### Hoken Juroppo Ken

Kikaku Ken- *Demon Horn Fist*  
Shuki Ken- *Hand Wake Up Fist*  
Fudo Ken- *Immovable Fist*  
Kiten Ken- *Turn Causing Fist (Shuto)*  
Shi Shin Ken- *Finger Needle Fist*  
Shitan Ken- *Finger Tip Fist*  
Shako Ken- *Claw Fist*  
Shito Ken- *Finger Sword Fist (Boshi Ken)*  
Shikan Ken- *Extended Knuckle Fist*  
Koppo Ken- *Bone Principle Fist*  
Happa Ken- *Eight Leaf Fist*  
Sokuyaku Ken- *Dancing Foot Fist*  
Sokki Ken- *Leg Wake Up Fist*  
Sokugyaku Ken- *Foot Reverse Fist*  
Tai Ken- *Body Fist*  
Shizen Ken- *Natural Fist*

Principles of striking

Striking from all kamae

Striking in all directions, at different levels, from different ranges

Ken Tai Ichi Jo- *The body and fist move as one*

### Keri

Sokuho Geri- *Sideways Kick*  
Koho Geri- *Backwards kick*  
Happo Geri- *Kicking in Eight Directions*  
Sukui Geri- *Scooping Kick*

### Uke Nagashi

Jodan Nagashi- *Upper Level Flow*

Gedan Nagashi- *Lower Level Flow*

Keri Kudaki- *Crushing the Kick*

Ken Kudaki- *Crushing the Fist*

Inside and outside, with both the hands and feet

# **Kihon Happo**

## **Koshi Kihon Sanpo**

Ichimonji No Kata- *Figure Number One Form*

## **Torite Goho Gata**

Omote Gyaku- *Outside Reversal*

Ura Gyaku- *Inside Reversal*

Omote Gyaku Ken Sabaki Gata- *Outside Reversal Fist Evasion Form*

## **San Shin No Kata**

Chi No Kata- *Earth Form*

Sui No Kata- *Water Form*

Ka No Kata- *Fire Form*

Fu No Kata- *Wind Form*

Ku No Kata- *Void Form*

Applications of San Shin against attacks

## **Hanbo**

### **Kamae**

Kata Yaburi No Kamae- *Form Breaking Posture*

Munen Muso No Kamae- *No Thought No Intention Posture*

Otonashi No Kamae- *Soundless Posture*

Striking from all kamae in all directions

Grappling from grabs and strikes

Know the nine schools of the Bujinkan

# Nanakyu- 7<sup>th</sup> Kyu

## Taihenjutsu

Kiten- *Flips*

Kuten- *Handsprings*

Yoko Aruki- *Sideways Walking*

Shinobi Aruki- *Silent Walking*

Shoten No Jutsu- *Ascending to the Heavens*

Noburi Gata- *Climbing*

## Shiho Tenchi Tobi

Zenpo Tobi- *Forward Leap*

Koho Tobi- *Backward Leap*

Migi Tobi- *Right Leap*

Hidari Tobi- *Left Leap*

Fudoza Tobi- *Immovable Seat Leap*

Chi Tobi- *Earth Leap*

All Taihenjutsu from all kamae and one handed

## Kihon Happo

### Koshi Kihon Sanpo

Hicho No Kata- *Flying Bird Form*

Jumonji No Kata- *Figure Number Ten Form*

### Torite Goho Gata

Ganseki Nage- *Rock Throw*

Musha Dori- *Warrior Capture*

# Hajutsu Kyu Ho

## Tehodoki

Katate- *One hand, same side*  
Gyakute- *One Hand, cross side*  
Morote- *Both Hands*  
Ryote- *Two Hands*

## Taihodoki

Oyagoroshi- *Killing the Parent*  
Kogoroshi- *Killing the Child*  
Taihodoki- *Body Escape*  
Koshi kudaki- *Hip Crush*  
Happo keru henka no koto- *Eight way changing kicks*

## Shinken Mutodori Gata

Hira No Kamae- *Flat Posture*  
Ichimonji No Kamae- *Figure Number One Posture*  
Jumonji No Kamae- *Figure Number Ten Posture*

## Katana

### Kamae

Daijodan no Kamae- *Great Upper Level Posture*  
Seigan no Kamae- *Correct Eye Posture*  
Chudan no Kamae- *Middle Level Posture*  
Gedan no Kamae- *Lower Level Posture*  
Tosui no Kamae- *Water Ridge Posture*  
Ura Gedan no Kamae- *Outside Lower Level Posture*  
Hasso no Kamae- *Eight Apparitions Posture*  
Tenchi no Kamae- *Heaven and Earth Posture*  
Kasumi no Kamae- *Mist Posture*  
Totoku Hyoshi no Kamae- *Sword Hiding Catapult Posture*  
Uke nagashi no Kamae- *Flowing Block Posture*  
Ichimonji no Kamae- *Figure Number One Posture*

## **Draws**

Nuki Uchi- *Drawing Cut*

Tate Nuki Uchi- *Vertical Drawing Cut*

Gyaku kesa bato- *Reverse Angle of Monk's Robes Drawing Cut*

Gyakute- *Reverse Hand*

Gyaku- *Reverse (can mean direction or footwork)*

Bring saya up with sword and pull saya down to draw

Pulling back instead of stepping forward to draw

Draws from different kamae

## **Cuts**

Kiri Oroshi- *Dropping Cut*

Kiri Age- *Rising Cut*

Kesa Giri Migi- *Cutting the Angle of Monk's Robes from the Right*

Kesa Giri Hidari- *Cutting the Angle of Monk's Robes from the Left*

Yoko Ichimonji Migi- *Sideways Figure Number One Cut from the Right*

Yoko Ichimonji Hidari- *Sideways Figure Number One Cut from the Left*

Gyaku Kesa Giri Migi- *Reverse Cutting the Angle of Monk's Robes from the Right*

Gyaku Kesa Giri Hidari- *Reverse Cutting the Angle of Monk's Robes from the Left*

Tsuki- *Thrust*

Attacks from each stance

## **Terminology**

Tsuka- *Handle*

Tsuba- *Handguard*

Saya- *Sheath*

Sageo- *Cord for sheath*

Tsuka kishiri- *Handle Endcap*

Ha- *Blade edge*

Mune- *Back of sword*

Kissaki- *Point of sword where it starts to become the tip*

Hi- *Blood Gutter*

Hamon- *Temper line*

## **Other**

Uses for saya, tsuka, tsuba, sageo

Learn how a sword cuts

Use of steel sword (to learn how to cut properly)

Grappling from grabs and strikes

Basic knowledge of sword care (cleaning, basic etiquette, etc.)



## **Finishing Techniques (Pins)**

Omote Takeori- *Outward Breaking Bamboo*

Ura Takeori- *Inward Breaking Bamboo*

Omote gyaku- *Outward Reversal*

Ura Gyaku- *Inward Reversal*

Oogyaku- *Great Reversal*

Do Gaeshi- *Turning the Body*

# Rokkyu- 6<sup>th</sup> Kyu

## Taihenjutsu

Ukemi

High falls

All ukemi with no hands

## Dakentaijutsu

Striking from different footwork

Metsubishi (*Blinding*), principles and applications

Juji geri- *Cross Kick*

Kakushi geri- *Crescent Kick*

Kagato- *Heel kick from behind*

Hidden strikes (hitting uke where uke cannot see your strike hitting them, and the strike is unexpected)

Multiple strikes without retracting arms or legs (ex. Shuto to uko followed by boshi ken to kiri gasumi without retracting striking hand at all)

Striking in all directions

Striking from all kamae

Striking from ukemi (ex. Punch into zenpo kaiten naname, kicking out while doing koho nagare kaiten)

## Ashi Sabaki

Ashi sabaki- *Leg Movement*

Ashi barai- *Leg hooks*

Keri kaeshi- *Kicking Counters*

Ashi Sabaki from all kamae

## Gyaku waza

Take ori- *Breaking Bamboo*

Oni Kudaki- *Demon Crusher (Omote and Ura)*

Hon gyaku- *Base Reversal*

Musodori- *No Thought Capture*

Oogyaku- *Great Reversal*

Gyaku waza From all kamae

Gyaku waza From different attacks

## Nage waza

Osoto Nage- *Major Outer Throw*

Seoi Nage- *Shoulder Throw*

Ganseki Otoshi- *Dropping a Big Rock*

Ganseki Ori- *Breaking a Big Rock*

Ganseki Oshi- *Pushing a Big Rock*

# **Rokushakubo**

## **Kamae**

Jodan no Kamae- *Upper Level Posture*  
Chudan no Kamae- *Middle Level Posture*  
Seigan no Kamae- *Correct Eye Posture*  
Gedan no Kamae- *Lower Level Posture*  
Ihen no Kamae- *Changing Posture*  
Hira no Kamae- *Flat Posture*  
Hira-Ichimonji no Kamae- *Flat Figure Number One Posture*  
Heito no Kamae – *Being to Overthrow Evil Posture*  
Tenchijin no Kamae- *Heaven, Earth, Man Posture*  
Reiho

## **Spinning**

Forward spin  
Backward spin  
Side to side spin  
Bo Furi Gata  
Spinning from one spin into another

## **Striking**

Shomen Uchi- *Strike to the Crown*  
Yokomen Uchi- *Strike to the Temples*  
Do/Kote Uchi- *Strike to the Body/Wrist*  
Age Uchi- *Rising Strike*  
Ashi Barai- *Leg Sweep*  
Tsuki- *Thrust*  
Striking from all kamae and all spins, all directions  
Grappling from grabs and strikes

# Gokyu- 5<sup>th</sup> Kyu

## Taihenjutsu

Ukemi

With all weapons

Changing distances (long vs, short rolls)

Slow and fast

Quietly

Rolling in different environments (ex. Hills, up vs. downhill, concrete vs, mats, etc.)

## San Shin

Gokui (*inner essence*) of each element (understanding of dynamics of where the power is generated from each form)

Multiple blocks and strikes (ex. Step back into Bobi twice and then step forward and Sanshitan Ken for Chi)

## Nage Waza

Yoko Nagare- *Sideways Flow*

Tachi Nagare- *Standing Flow*

Tachi Nage (Uzi maki)- *Standing Throw*

Temakura- *Hand Pillow*

Koshi Nage- *Hip Throw*

Seoi Ippon Nage- *One Arm Shoulder Throw*

Ippon Zeoi Nage- *One Arm Back Throw*

Gyaku Ippon Zeoi Nage- *Reversed One Arm Back Throw*

## Knife

Three basic grips, advantages and disadvantages to each

Nine basic cuts (same as sword)

Ideal targets for cuts (arteries and tendons)

Grappling from grabs and strikes with the knife

## Shoto

Similar to knife and sword, but adjust for different length

Disarming an attacker using all weapons listed above in varying circumstances

Understanding weapon range and danger (run if he's got a knife)

Kihon happo versus weapons

## **Kyusho**

Nagare- *Forearm muscle joint below elbow*

Uko- *Sternoclydo Mastoid (Muscle on side of neck)*

Sui Getsu- *Solar Plexus*

Jakin- *Inside of Bicep*

Kasumi- *Temples*

# Yonkyu- 4<sup>th</sup> Kyu

## Taihenjutsu

### Ukemi

Ukemi as a weapon (rolling into people, grabbing limbs and breaking them by rolling)

## Kihon Happo

Kihon happo from all kamae

Kihon Happo using: one hand, 2 hands, no hands (other body parts)

## Advanced Dojo Japanese

Names for directions and body parts, etc. (ex. Ude jime ashi ori gata broken into individual words and translated)

## San Shin

Changing the footwork and distancing of all kata (ex. Starting stepping forward, yoko aruki, etc.)

## Nage Waza

Itami Nage- *Pain Throw*

Katate Nage- *One Handed Throw*

Oosoto Guruma- *Major Outer Wheel*

O Uchi Gake- *Great Striking Hook*

Tomoe Nage- *Circle Throw*

Karuma Nage- *Wheel Throw*

Sui Nage- *Water Throw*

## Kusari fundo

Strikes and grappling against grabs and punches

## Multiple Attackers

Strikes and grappling against multiple attackers

## Kyusho

Koe- *Hip/Leg Joint*

Butsumetsu- *Rear of floating ribs*

Jinchu- *Top of Philtrum (Valley between nose and upper lip)*

Kiri Gasumi- *Just underneath the ear lobe*

Suzu- *Testicles*

# Sankyu- 3<sup>rd</sup> Kyu

## Taihenjutsu

### Ukemi

As uke, hit tori if you see an opening or they don't have you controlled. (Tori should be 3<sup>rd</sup> kyu or above)

### San Shin no Kata

Repeat above for san shin with all weapons and from all kamae

### Ashi Sabaki

Stepping on feet without looking

### Jime waza

Hon Jime- *Base Choke*

Gyaku Jime- *Reverse Choke*

Itami Jime- *Pain choke*

Sankaku Jime- *Three Pointed Choke*

Do Jime- *Body Choke*

Gyaku juji Jime- *Reverse figure number ten position choke*

Katate Jime- *One handed choke*

From all kamae and from various attacks

### Nage Waza

Harai Goshi- *Sweeping hip throw*

Hiza Guruma- *Knee Wheel*

Hane Koshi- *Popping hip throw*

Uchi mata- *Inner Thigh Throw*

Yoko Seoi Nage- *Sideways Shoulder Throw*

### Kunai, Tessen, Jutte

Striking

Grappling from grabs and strikes with all of the weapons

### Thrown

Senban Shuriken- *Flat throwing blades*

Bo Shuriken- *Throwing spikes*

Knives

Axe

Applications of thrown weapons against grappling and strikes with the weapon in hand

## **Walking**

Do all techniques from walking (ex. grab omote gyaku and walk normally, etc.; some nage waza excluded)

## **Zanshin- Awareness**

Being able to do all techniques without directly looking at opponent

Techniques with one eye closed

Techniques with both eyes closed

Blindfolded

## **Kyusho**

Asagasumi- *Chin*

Tenmon- *Bridge of the nose*

Omote Kimon- *Upper pectoral*

Ura Kimon- *Below the nipple*

Ryumon- *Above the collar bone where it meets the shoulder*



# Nikyu- 2<sup>nd</sup> Kyu

## Nage Waza

### **Kuzushi-** *Off balancing*

Understanding of different types of Kuzushi (ex. Forward, backward, sides, down, etc.)

Importance of space (awareness of opponent's balance and your balance, and controlling space)

### **Nage Waza**

Kubi Nage- *Neck throw*

Gyaku Ippon Seoi- *Reverse number one shoulder throw*

Empi Nage- *Elbow Throw*

Taki Otoshi- *Cataract Drop\**

\*Is actually a category of throws

### **Shuko**

Grappling and strikes

Uses for climbing

Being able to slide them on and off without looking

### **Naginata and Yari**

Bowing

Kamae

Striking

Point/blade control (keep blade facing opponent while changing attack sides)

Grappling from grabs and strikes

Tactics, advantages and disadvantages of each weapon

Weapon vs weapon strategies (ex. Kusari fundo vs Bo)

Searching for hidden weapons

Distancing

### **Multiple Attackers**

mix in weapons

### **Kyusho**

Toki- *Top of foot*

Dokkotsu- *Throat*

Murasame- *Clavicle*

Matsukaze- *Adam's Apple*

Yaku- *Outside of shin*

# Ikkyu - 1<sup>st</sup> Kyu

## Nage Waza

Advanced Karuma Gaeshi Nage- *Advanced wheel turn throw*

Juji Nage- *Figure Number Ten Throw*

Morote Gyaku Ippon Zeoi Nage- *Two handed shoulder throw on reversed arm*

Ura Nage- *Reverse throw*

Targeting of where uke lands after throw

## Kyoketsu Shoge

### Spinning

Over hand and under hand

Overhead and on each side

Forward and backward

### Strikes

From all spins in all directions

### Grappling

From grabs and strikes

Non lethal use of “lethal” weapons

San shin and kihon happo with all weapons

Drawing and using weapons while keeping them hidden from view of an opponent

Drawing weapons with natural movement

### Counters

Countering all techniques learned to this point, and countering counters...play!

### Kyusho

Sai- *Outer canter muscle bundle of thighs*

Kaku- *Knee*

Kobura- *Center of calf*

Shichibatsu- *Upper ridge of back hip*

Hadome- *Cheek*

# Shodan - 1<sup>st</sup> Degree Blackbelt

## Kihon Happo

All techniques from kneeling, in a chair, in a car, and from the ground

## Firearms

Handgun and Rifle

Safety and handling

Shooting and targeting

Disarms

Understanding distancing with guns

Going to a shooting range and actually firing weapons

Disarming live airsoft pistols

## Improvised Weapons

Chopsticks

Fork

Pen

Bottle

Book

Newspaper

Etc.

## Kyusho

Yubitsubo - *Ridge of thumb muscles*

Hoshi- *Inner bottom part of elbow*

Gorin- *Five points in pentagon pattern around navel*

Kage- *Bone above the solar plexus*

Wakiboshi- *Armpit*

Movement

Teaching