

# Welcome to Warrior Concepts International *Black Belt & Life Mastery Academy*



**Warrior Concepts International *Black Belt & Life Mastery Academy*** is a place to explore and cultivate new skills and ways of thinking. It is an uplifting-place in which to spend time with friends who share your commitment to personal advancement. Your instructors are dedicated to helping you discover your own insights into personal power, resourcefulness, broad vision, peace of mind, and happiness.

Our Introductory Course is a great way to begin your study of effective self-protection and personal development through the martial arts. The goal of the Introductory Course is to allow you to try out some of our self-defense techniques, find out about our training philosophy, and experience our teaching style. During the Introductory Course, you will learn some exciting techniques, as well as experience the importance of:

**• confidence • discipline • concentration • respect • setting and reaching goals**

Your first class is a private lesson approximately 30 - 45 minutes long. As a new student, you (and/or your parents) will:

1. Fill out and sign your application form
2. Receive your martial arts training uniform
3. Meet your instructor
4. Learn the martial arts bowing salute
5. Learn “earth element” stability striking
6. Learn “wind element” strike evasion
7. Learn “wind element” grab escaping
8. Discuss the belt grade license system
9. Discuss the martial arts philosophy and the Student Creed

The second class of your Introductory Course is a 30 - 45 minute long private session also. To continue your experience from your first visit, you will:

1. Review the martial arts bowing salute
2. Review the “earth element” stability
3. Review the “wind element” strike evasion
4. Learn the “water element” defensive strike/grab avoidance
5. Learn “water element” power striking
6. Learn “fire element” confident directness
7. Learn the “fire element” interception speed striking
8. Review the martial arts philosophy and the Student Creed
9. Take the test for white belt -- demonstrate the “earth element” stability, part 1 of the Student Creed.

At the close of the second class, your instructor will:

1. Provide a professional analysis of your progress
2. Discuss a personal training plan with you

Please come to your second class prepared to make a decision regarding further training at WCI. This decision will involve the other members of your family, due to training schedules, transportation considerations, and financial arrangements. Therefore, we request that your spouse (if you are married), or both parents (if you are under 18 years old), attend and observe the second lesson with you.

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## TUITION FEE PAYMENTS

Enrolling at **Warrior Concepts International *Black Belt & Life Mastery Academy*** at the end of your Introductory Course involves the purchase of a block of lessons making up a set curriculum for the time you choose. We have a variety of payment options that can be adapted to your personal budget.

1. You can pay for the course with cash, check or credit card (Visa, Mastercard or Discover). You can chose to split your course fee into 3 monthly payments with no financial service charge added.
2. ... Or, if you wish, you can place a down payment of 20% of the total cost of your course and then pay for the rest of the course in equal monthly installments.
3. ... Or, if you wish, you can split the cost of the total cost of your program into equal monthly installments over the course of the membership you have purchased.

Due to the increased accounting costs to the Academy, options 2 and 3 above include a service charge which is added to the balance of the tuition being financed.

Tuition payments, depending on your plan, may be made in person or mailed to:

**Warrior Concepts International**  
***Black Belt & Life Mastery Academy***  
2346 N. Susquehanna Trail  
Selinsgrove, PA 17870  
(570) 884-1118

**Educational Funding Company**  
4740 Chevy Chase Drive Suite 200  
Chevy Chase, MD 20815-6459  
(301) 654-8677  
**\*\* WCI's School Code: 792 \*\***

## SENSEI'S WING AND TALON GROUP

The school's daily operational momentum comes from a special student organization known as the SWAT team. "Sensei's Wing And Talon" group members provide the "momentum and "grip" to keep the dojo in top shape so that only the finest instruction can be offered. As a new member of the dojo, you will be assisted by SWAT team members who will help you learn the details of how to get the most out of each lesson in the training hall. SWAT team members assist in introducing new members to the dojo, keeping the training facilities clean and safe, providing necessary security for special events, arranging training hall social functions and communicating the value of our school to the local community in which we all live. Students interested in helping to run the dojo are eligible to apply for SWAT team membership after successfully passing the test for their blue/white belt. SWAT team members wear a special patch on their uniform and a green T-shirt while performing SWAT duties.

## SPECIAL TEAM OF ROLE MODELS

The STORM team is a special group for our youth students age 10 and older who are positive examples for their fellow students. The STORM team is a youth version of the SWAT group and STORM members assist with keeping the dojo clean and tidy as well as acting as instructor's assistants during youth classes.

## WORLD-WIDE INVOLVEMENT

As an adult member of WCI, you will be a part of a world-wide network of like-minded people who have chosen to study the centuries-old lifeways of Japan's ancient ninja families. You will receive, initially as a part of your first course, international membership in the Bujinkan Hombu Dojo, the central headquarters of our 900 year old martial art of ninjutsu "*art of winning against all odds.*" It will then be your responsibility to maintain and renew the membership fee of \$10 annually afterwards. This will allow you to have direct access to the Japanese instructors of the art and the head of the nine martial lineages taught at WCI, *Soke Masaaki Hatsumi*.

## DOJO (“TRAINING HALL”) ETIQUETTE

Traditional codes of warrior etiquette have always been a part of martial arts training in Japan. Generally, you will want to conduct yourself with cheerful dignity and appreciation for the art you study and the teachers who share their secrets with you. These suggestions will help you feel more at home as a new member of the **dojo**:

1. The bow is a sign of respect in the **dojo**. Classes begin and end with a bow between students and teacher. Techniques begin and end with a bow between students. It is customary to bow to the teacher and the training space itself when you enter and leave the **dojo**.
2. You may address any teacher as **Sensei** (pronounced “sen-say”), “Sir” or “ma’am”, or by family name (“Mr. \_\_\_\_\_” or “Mrs. \_\_\_\_\_”). Mr. Miller can be addressed as *Shidoshi*.
3. Use the time before class to warm up, stretch, and get in the spirit of what is to come. Try to avoid idle chatter that has nothing to do with why you are here.
4. Be aware of the significance of your presence in the **dojo** every time you bow and enter the training area. Appreciate the fact that you are a part of your dojo’s long historical legacy.
5. Keep your eyes on the area in front of the *kami-dana* (also called the *kami-za*) spirit focal point at the center of the training hall. As soon as you see the senior students preparing for the opening ceremony, take your place in line. Do not wait to be called. The more senior you are, the more forward and to the right you will be. If you are ever unsure of what to do, look to those in front and to the right.
6. Wear a white or black T-shirt under your *do-gi* jacket. Do not wear shirt colors other than these, unless they are WCI shirts. Black leg-warmers or wraps (*kya-han*) can hold your pants legs over heavy black socks, lightweight athletic shoes, or *tabi*.
7. Be alert. Keep safety in mind. Do not chew gum or wear rings, watches, or jewelry in training. Tie back long hair for safety. When not actively training in class, stand in the *shizen* posture with the arms and legs in a naturally straight position, or sit on the floor with the legs folded in front (*fudo-za*) or beneath you (*sei-za*).
8. Keep talking to a minimum. Pay careful attention to the teacher’s instructions. Concentrate on what you are learning. Ask questions as needed but avoid using up time telling stories. Unnecessary laughter or talking distracts you and the other students.
9. Keep effective learning and safety in mind when training with other students. The **dojo** is a place for practice and study, not competition. Never force a technique on your partner beyond safe training limits. Never resist a technique beyond reasonable limits. There is no need to injure yourself or others in order to progress.
10. Be responsible for the security of your own valuables while training. The **dojo** has a clothing storage area in each changing room for your convenience, but we cannot be responsible for your personal belongings. Lock important items in your car. Write your name on all training gear articles so that others will not mistake your items for their own. Do not leave articles in the training hall overnight.
11. Your attendance card carries a record of training required for testing each month. Pull it from the card file before entering into the training area for class. If you are attending more than one class for the day either because of a make-up or because you are a *Mastery Leadership* member, inform the SWAT assistant in charge of attendance so that your card can be marked appropriately.
12. Create your own notebook of curriculum sheets. Check off each new item when you learn it in class.

## **KAMAE BODY / SPIRIT ATTITUDES**

The *kamae* postures of the ninja's taijutsu self-protection method are physical embodiments (forms) of your mental outlook and "fight spirit." Your physical nature and the way you hold your body reflects your feelings and intentions. Our training promotes a natural state of totally integrating the body, mind, and spirit as one.

In the early part of your training, each posture relates to one of the *go-dai* "five element energies"

Shizen / Seiza / Fudoza	Earth "commander" stability	----	Confidence
Ichimonji / Doko / Seigan	Water "tactitian" responsiveness	----	Discipline
Jumonji / Kosei	Fire "artist" expansiveness	----	Commitment
Hira / Hoko	Wind "server" mobility	----	Practicality
Hicho / Ihen	Formless "appropriate adapting"	----	Creativity

The *kamae* are guides for the most effective use of your body as a protective weapon. These "physical attitudes" reflect your inner state in external form. You should work to gain a feeling of naturalness in your footwork and body movement patterns. Resist the temptation to imitate movie "martial artiness." Remember that this training is designed to help you in real life.

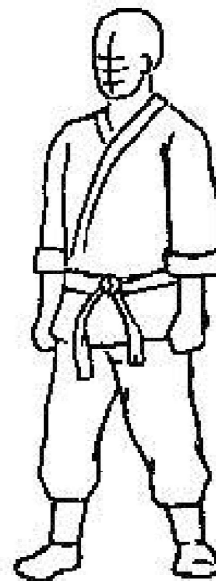
### **SHIZEN NO KAMAE**

(‘Natural body’ attitude -- Stability)

The natural posture can be assumed fully facing forward or with one side forward to reflect a left or right side leading angle.

Body weight is distributed evenly with both legs at a natural hip-width distance apart.

The natural posture is the "first & last" posture to be learned. All other *kamae* appear from the *shizen no kamae*, which makes this the most important posture in the earliest days of your training. It is also most likely that a surprise attack will have to be received from the natural standing posture. At the advanced stages of martial artistry, it is also likely that the *kamae* emphasized in the first five degrees of study will have blended together to become indistinguishable from one another, and will have returned to the form of *shizentai* naturalness.



### **HIRA ICHIMONJI NO KAMAE**

(‘Level Figure 1’ attitude -- Evasion)

The evasive posture is assumed facing fully forward with the attacker centered between your outstretched arms.

Body weight is evenly distributed and centered with both legs slightly wider than normal hip-width and flexed at the knees.

Fundamental footwork uses two primary movement methods:

- Forward-moving turns pull the body forward and to the side of direct attacks.
- Rearward-pivoting shifts take the body back and to the side of direct attacks.



## ***ICHIMONJI NO KAMAE***

(‘Figure 1’ attitude -- Defensive Angling)

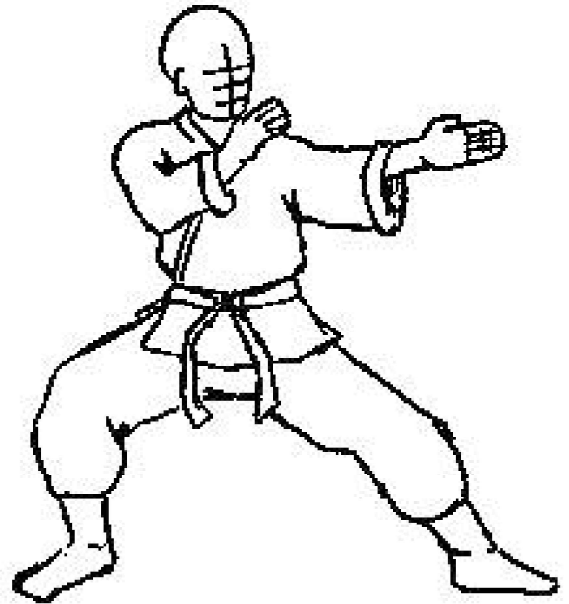
The defensive posture is assumed with a flat, side-on and protected form and has two positions, reflecting a right or left leading angle.

65% of the body weight is on the back-peddling rear leg and 35% is on the rear-shuffling front foot.

The angling most often used in the fundamental training is a side shift or step back with the feet moving and carrying the defender’s body 45 degrees away from the force of the attack.

Fundamental footwork uses two primary movement methods:

- a. Back-shuffling pulls the body back at an angle away from the attack with repeated small rearward shifts of the feet.
- b. Back-stepping pulls the body back at an angle away from the attack with a leading-foot-to-rear-position backward step.



## ***JUMONJI NO KAMAE***

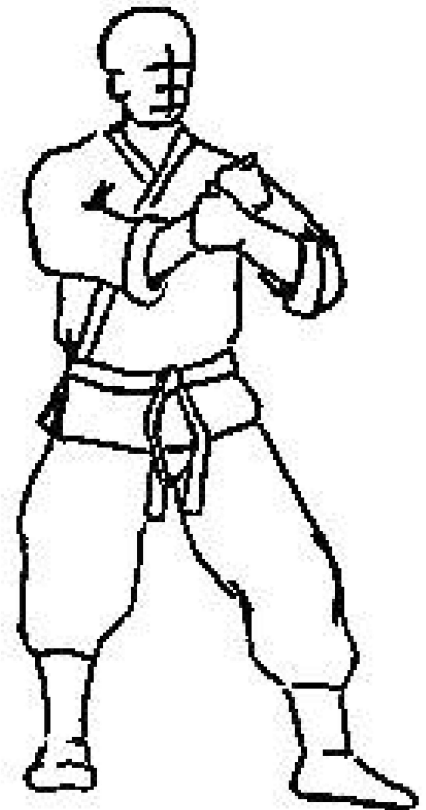
(‘Figure 10’ attitude -- Direct Action)

The attack-interception posture is designed for quick, forward progression and has two basic positions, reflecting a right or left leading angle.

55% of the body weight is on the forward-shuffling front leg, and 45% is on the forward-pushing rear foot.

Fundamental footwork uses two primary movement methods to propel the defender’s body forward into the safe area created by the assailant’s attack. They are:

- a. Forward-shuffling pulls the body straight forward into the attack or at a 45 degree angle to the line of the attack with repeated small forward shifts of the feet.
- b. Forward-stepping pulls the body straight forward into the attack or at a 45 degree angle to the line of the attack with a rear-foot-to-front-position forward step.



## **REI HO** (Bowing 'salutation' methods)

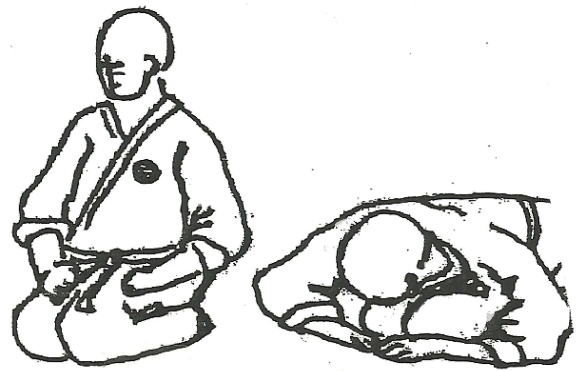
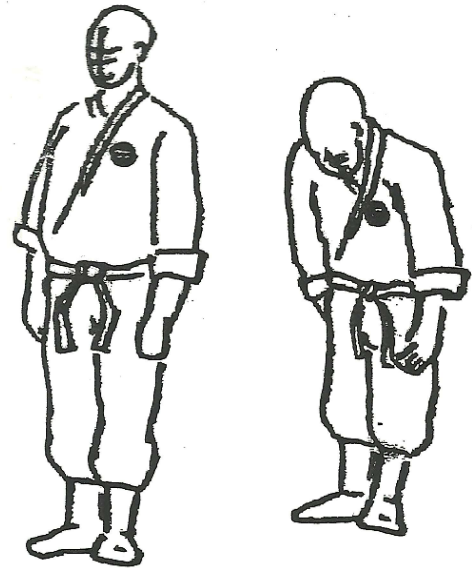
In Japan, the standing or kneeling salute is used as an expression of greeting or farewell, and thanks or return of thanks. The Japanese bow is not to be confused with the Western bow that implies submission or worship. In Japan, a bow is comparable to the Western-world's handshake or military salute.

### **RITSU-REI** ('Standing bow salute')

Bend from the hips to approximately a 45 - 85 degree angle (do not bend in half) with your neck straight, hands at your sides with the thumbs along the sides of your legs, and then return to the upright posture. A pictorial representation of the kneeling bow can be found in the book NINJUTSU: Art of the Invisible Warrior by Stephen K. Hayes.

### **ZA-REI** ('Kneeling bow salute')

Lower your left knee and then your right knee to the floor. Point your toes out behind you. Sit back on your heels in the seiza posture. Extend your left then right hands forward to form a triangle on the floor in front of you. Lower your head towards the triangle with neck straight and then rise to seiza again. A pictorial representation of the kneeling bow can also be found in the above book by Stephen K. Hayes.



### **O-NE-GAI-SHI-MAS'**

"Please assist me" (before training)

or

### **DO-MO A-RI-GA-TO GO-ZAI-MAS'**

"Thank you very much" (after training)

## **STUDENT CREED**

When beginning your training, you will be exposed to a whole new concept of what you can become, a whole new range of what you can learn and master, and a whole new family of friends and teachers. As a student, you have to believe in your potential, believe in what you are studying, and believe in your teachers as examples of what you, yourself, want to become. Start now by learning our three-part student creed by heart.

**I believe in myself!**

**I am confident; I can accomplish my goals!**

**I believe in what I study!**

**I am disciplined; I am ready to learn and advance!**

**I believe in my teachers!**

**I show respect for all who help me progress!**

## **VOWS OF INTENTION**

As someone who aspires to be a positive, powerful and productive human being, we set our intentions on living up to the warrior ideals which will create the new 'me' that I want to be.

**I intend to develop myself in a positive manner and will avoid anything that would reduce my mental growth or my physical health.**

**I intend to develop self-discipline in order to bring out the best in myself and others.**

**I intend to use what I learn in class constructively and defensively, to help myself and my fellow human beings, and never to be abusive or offensive.**

**I intend to show respect for my family, teachers, law and order, and the property of others.**

**I intend to practice in order to perfect my skills.**

**I intend to study in order to learn as much as possible about myself, my world, and my martial art.**

**I intend to earn my Black Belt as a sign of my success.**

**I intend to be an example to others of the power of the Ninja's art.**

# BELT GRADE LICENSING

In most traditional Japanese martial arts, a series of colored belts indicates your training progress. Belt licensing begins with three initiate levels that are awarded as you move through the 9-month Fundamental of Self-Defense Course. It usually takes about three months to earn each colored belt up to Black Belt. The levels, and their comparison to the standard education system that most Westerners are familiar with are:

## ‘Fundamentals of Self-Defense’ Course

white belt *shoshinsha* initiate level (kindergarten; “beginning the program”)  
two yellow belt *shoshinsha* “earth element” initiate levels (grades 1 - 2; “early elementary school”)

## ‘Foundations of the Warrior Path’ Course

three blue belt 1st level basics “water element” stages (grades 3 - 5; “secondary elementary”)  
three orange belt 2nd level basics “fire element” stages (grades 6 - 8; “middle school”)

## ‘Warrior as Enlightened Protector’ Course

three green belt 1st level intermediate “wind element” stages (grades 9 - 11; “early high school”)  
three brown belt 2nd level intermediate “formless element” stages (grade 12; “grade 12 & SAT Prep.”)

## ‘Engaging the Mandala of Potential’ Course

four black belt “mastery degree” stages (degrees 1 - 4; “Associate, B.A., M.A., & Ph.D.”)

## ‘Creating the Dream’ Course

four black & red belt “artistry degree” stages (degrees 5 - 8; “professor”)

## ‘Going Beyond Mastery’ Course

two red belt “master instructor: stages (degrees 9 & 10; “legendary highest living authority”)

## LITTLE DRAGON’S BELT SYSTEM

Our very young students are learning many important lessons about themselves, their world, and the martial arts. In order to teach them what they need and to assist them in progressing into the full program when they are older, the belt grading system used for their class is a little different. The belt system employs a half-step progression in that each level belt has a stripe that identifies the student’s next belt color. This helps in separating and distinguishing the Tot system from the regular rank system while teaching the student about testing and martial arts belt grading. The first level belt is **white**, followed by a white belt with a yellow stripe - the stripe identifying the next belt’s color. From there, each successive belt includes the half-step stripe color of the next level. The colors after **white/yellow** are: **yellow, orange, purple, green, blue, red, brown, white/black**.

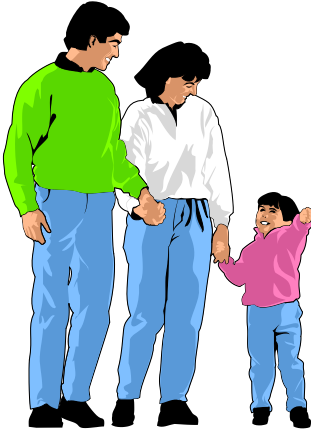
## ADVANCED TRAINING

The first months of your training will focus on the Japanese martial art of *taijutsu* or literally “art of the body.” The ninja’s unarmed self-protection method is based on artful and efficient natural body movement. Later, after you have been with us for about 6 to 9 months or once you have completed your foundational training, you can elect to become a candidate for the **Mastery Leadership Program**. You will be scheduled for a special conference with *Shidoshi* Miller to assess how you have been doing and to see what your future goals are in the martial arts. If accepted into the black belt preparatory program, you will be invited to attend special classes as well as have the option of joining special training clubs including instruction in classical Japanese combat tools such as the long and short swords, long and  $\frac{3}{4}$  staffs, rope and chain tools, and more. Other specialty groups, classes, seminars, and workshops include such topics as advanced meditation and mind science practices, emergency first aid, outdoor survival skills, information and investigation skills and procedures, combat firearms, security and dignitary protection specialties, and methods of teaching the martial arts to others. Members of the **Mastery Leadership Program** wear a distinctive set of patches on a special red and black uniform. Members of other specialty clubs have their own distinctive modern or traditional uniform which is suited to their needs and training. As a new student of **Warrior Concepts International Black Belt & Life Mastery Academy**, your first goal is to qualify for acceptance into the **Mastery Leadership Program**.

# TRAINING SCHEDULE

Once you have joined the Academy as a regular student, we will work with you to set up a regular twice per week schedule for training. It is important to create a set routine that supports the kind of discipline you will need for success in completing the path to Black Belt. Your very first and most important lesson is teaching yourself to be at class two times per week. For that reason, we will ask that you register for a set of two days per week for your regular class attendance. If you miss one of your classes, please call the Academy and we will schedule a make-up class for you on one of the other days. Remember that your belt license promotion test schedule is based on regular twice-per-week class attendance.

## SPECIAL NOTE FOR PARENTS OF YOUNG STUDENTS



Let's work together to encourage your child to get the most benefit possible from martial arts training. We refer to each parent of our young students as "coach." Coaches take an active role in encouraging their children to practice at home what we teach at the Academy. Take a few minutes to review your child's test progression requirements. That way you will know how to assist or coach your child through the material required for advancing belt licensing. Watch your child during class occasionally so that you will be familiar with our terminology and our way of delivering the program. Want to do even more? We encourage each parent to purchase a black school T-shirt or polo shirt and join their children as a target holder and "assistant" for training at home. It's fun, does not require any athletic prowess or martial arts knowledge, and you get to look like a hero in your child's eyes. Parents tell us it feels great to be a part of the excitement of their child's training experience.

## COMMUNICATIONS

There are several ways to get information related to your training here at **Warrior Concepts International Black Belt & Life Mastery Academy**:

**NINJA NEWS**, our monthly student activity newsletter, is available the first week of each month and can be picked up at the academy. Each issue contains information and "news" about upcoming tests, special training topics, recent promotions, upcoming birthdays, and a monthly calendar which shows the times and dates for special events, workshops, test dates, and school closings or class schedule modifications due to holidays, staff training, seminars, etc., and much, much, more.

**Academy Bulletin Board** has notes of up-to-the-minute news, training opportunities, and important information about special events being held at the dojo. Check with the staff if you have something that you would like to post on the bulletin board.

**Special Reminders Boards**, located in the viewing areas, contains a list of upcoming events, testing, etc. Check the board weekly to remind yourself of these items.

**Class Announcements** will often be made after class training times as a verbal reminder of upcoming events in case students miss them as posted on the boards or in the newsletter.

**World-Wide Web** features many sites dedicated to martial arts in general and to ninjutsu specifically. If you have access to the Internet, try running a search on "ninjutsu" or "Bujinkan Dojo" to learn more about the art you are studying.

**Website:** <http://sunburymartialarts.com/>

**Email:** warriorc@warrior-concepts-online.com