

REQUIREMENTS FOR BLUE BELT

White to Green belt is designed to create an awareness of our natural ability to defend our self, undoing the myth that you must learn how to fight in order to survive. The attitude or action of “fighting”, in a survival scenario, can often make matters worse as it can give away the element of surprise or keep you somewhere you had the opportunity to flee from. Remember that in a true self defence scenario it is you (as the defender) that will have to deal with surprise, before you can call on your skills. It will be you that will be on the back foot (at first) – you that must avoid that first strike.

White to Green prepares the deshi for the increase in training difficulty that is to follow. From here on effort and commitment will need to increase in order to continue progression through the grades. 1 class for instance should now be followed up by at least one or two (preferred) practise sessions to review each class.

In Blue belt we start to study combat beginning with the most basic kata studies of the ninja; kamae and Go Gyo. This practise at times might feel repetitive, stagnant and boring, but it is essential to become familiar with the fundamental principles. Whilst demonstration is as requested, practise can be as free and as creative as you wish it to be; vary the order of your kamae practise and use varying types of music to create varied tempo of transitions between each of the postures.

Please don't confuse the study of combat with combat itself. It is very important to fight the temptation to engage in combat with your training partner. True combat cannot be simulated through kata study and only creates false ego and false abilities; study slow, low, and honestly to develop good fundamentals and condition the body and mind. Accuracy in targeting and gaining maximum leverage through correct angling far outweighs an ability to hit like a truck at this stage.

DOJO ETIQUETTE

- Know the reason for etiquette and why it is easy to overlook when studying ninjutsu; but nevertheless must continue to be maintained.

FUNDAMENTALS TRAINING

- Know how to do forward, backward, and sideways rolls; on & off mats
- Know how to do kiten ken (shuto) type strike
- Know how to do a happo ken type strike
- Know how to do jodan and gedan uke ninja blocks
- Know how to describe and perform the 3 levels of blocks; nagashi, dorma, barai

RELEASES

- Know the basic releases from clothing grapples using kamae and koppojutsu
- Know how to release from bear hugs using koppojutsu; frontal attack under & over arms

- Know how to release from bear hugs using koppojutsu; rear attack under & over arms
- Know to defend against a tackle using koppojutsu and/or kosshijutsu

KATA TRAINING

Ninja Kamae no kata

- Know the Kamae no kata; in sequence and randomly called stances

Ninja Go Gyo kata

You must perform the complete kata with correct etiquette.

- 1. Chi – basic defence against straight punch
- 2. Sui – scientific defence against straight punch
- 3. Ka – connected defence against hook punch
- 4. Fu – strategical defence against low punch
- 5. Ku – defence against kick incorporating all elements

To Shin Do Ninja Godai no kata

- 1. Chi – the feeling of stability, confidence, and strength
- 2. Sui – the feeling of withdrawing and evading, into a thundering crash
- 3. Ka – the feeling of connection, interception, and striking like lightening
- 4. Fu – the feeling of effortless redirection, the opponent to destroys them self

SPIRITUAL TRAINING

- Memorize and recite the Student Creed
- Memorize and recite Action Codes 3 & 4