

## **REQUIREMENTS FOR PURPLE BELT**

Purple belt introduces students to weapons training in the form of the Nunchaku.

The Nunchaku, a flexible weapon, is unlikely to have ever been used by a Ninja or a Samurai; in fact it is a farming implement that originates from Okinawa. Although effective in the hands of some, is a difficult weapon to use in combat. It would not be a weapon of choice to go up against the Japanese Samurai Daito or Katana and the Ninja's Ninja-to.

The Nunchaku teaches us two important things about weapons training, which helps to refine the unarmed skills learned so far. The first lesson is the skill of extended focus – the loss of which results in bruises that serve as painful reminders to maintain focus. The second is in the attention to body movement, as correct body movements aids in the control of the weapon and application of speed and power.

Nunchaku training was not intended for our mostly ninjutsu practise. Knowing the kata is not enough either and you need to practise it whilst performing Go Gyo if you are gain benefit from it in our practise. Our basic kata is borrowed and its application in any combat situation is minute to nil – its only purpose is to teach handling and focus – you must practise with the nunchaku in Go Gyo and kihon to get any real benefit.

Purple belt builds on the basic Taijutsu training introduced at Blue belt. In this belt we begin to explore the unarmed combat methods of the Togakure Ryu Ninja; known by ninjutsu practitioners as Taijutsu Kihon Happo. The first 3 kihon (defences against striking attacks) are introduced at this level under the title of Ninja Self Defence Kata 1.

We are now studying combat and fighting using ancient proven methods or techniques. Once learnt the tori should be able to perform this kata against an uke who is attacking at no less than 50% full speed and with an intention to connect/impact on the tori. When practising the kihon, the slower the tori can apply the technique, without losing the technique, the more effective they will be; get good at moving slow.

## **DOJO ETIQUETTE**

- Know the etiquette for weapons kata
- Know the correct handling and storing of weapons in the dojo

## **FUNDAMENTALS TRAINING**

- Know what it is, and use, 4-4 breathing for combat
- Know how to perform an omote & ura kiten ken
- Know how to do boshi ken, happo ken, shotei ken strikes
- Know how to hold the nunchaku correctly
- Know how to roll on natural terrain
- Know how to collect weapons during rolls

## **RELEASES**

- Know the basic releases from vertical wrist grab
- Know how to release from lapel grab into Take ori
- Know how to release from lapel grab into Waki gatame
- Know how to release from lapel grab into Shiho nage
- Know how to release from lapel grab into Tegakami
- Know to defend against a tackle using koppojutsu and/or kosshijutsu

## **KATA TRAINING**

### **Ninja Self Defence Kata 1 vs Strikes**

You must perform the complete kata with correct etiquette.

- 1. Ichimonji (hidari/migi) – basic defence against straight punch
- 2. Jumonji (hidari/migi) – scientific defence against straight punch
- 3. Hicho (hidari/migi) – covering defence against low straight punch

### **Samurai Nunchaku Kata**

- Demonstrate the Nunchaku kata

## **SPIRITUAL TRAINING**

- Know what Zazen is and demonstrate practise in it
- Memorize and recite the Student Creed
- Memorize and recite Action Codes 3, 4, 5 & 6