

# UNIVERSITY CATALOG 2018



Master  
Richard Van Donk

Taking you from Beginner to Master

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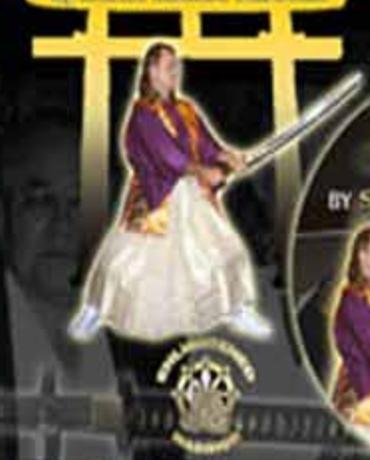
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## Dear Friends and fellow martial artists,

Thank you for your continued interest and support! We at Bushindo University/International Bujinkan Dojo Association are dedicated to helping you and others around the world more easily obtain quality Life Changing studies, including martial arts like Bujinkan Ninjutsu/Budo Taijutsu, DeCuerdas Eskrima, Bushindo Sword and Enlightened Warrior Teachings. We provide our students and friends direct lineage access to Soke Masaaki Hatsumi in Japan. Through our concentrated efforts we became an official Hatsumi (Quest Co. Ltd) DVD distributor and secured English subtitles on Soke's videos for you so that you can better understand what he is teaching. We also secured distributors for his Japanese and English book titles and hired translators of his Japanese books (both in and out of print).

We established a systematized structured step-by-step learning and ranking system from beginner to 10th dan. Our desire is to offer you the most comprehensive learning programs possible. We also believe that you should learn something for your grades and know why you have achieved a level. The teachings of the Do "Way" are very important to us. We have created our courses with the thought of you someday becoming a Shidoshi - A teacher of these warrior ways of Enlightenment.

Richard will tell you that being a pioneer has not been easy. When he started in 1982 gathering, exchanging, and offering information on the nine traditions of Bujinkan Ninjutsu he never imagined that he'd make well over 50 pilgrimages to Japan and around the world to personally train with Soke Hatsumi. Our Black Belt Home Study Course released in 1991 was well received all over the world. We've added the Nidan, Sandan and Yondan Course materials, as well as expanded the Spiritual Path course material. We are constantly updating our websites with new information and products. Most all of our teachings are now in an online university. [www.BushindoUniversity.com](http://www.BushindoUniversity.com) Visit [www.Ninjutsu.com](http://www.Ninjutsu.com) often and keep your heart happy. Enjoy Your Studies,

**Shihan Linda Van Donk, JuGodan**

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**BUSHINDO UNIVERSITY**

# COURSES OFFERED BY Bushindo University



**“Opportunities await you”**



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COURSE**

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**NINJUTSU  
Soke  
Hatsumi**

Kuden Dojo Trainings  
9 Ryu (Schools)



## **No one offers you more Ninjutsu Opportunitites!**

Bushindo is dedicated to providing you an opportunity to change your life for the better by offering you a wealth of information and powerful trainings. We've done our very best to become the definitive Source for Ninjutsu training information anywhere in the world and we are always open to your comments and suggestions on how to serve you better. We are in constant development of new courses. [www.Ninjutsu.com](http://www.Ninjutsu.com)

# IN THIS CATALOG

## Want to know where to start?

We have done our best to offer training programs for every level of martial artist. With so much information available many of our readers often wonder where to start in their training. A good place to start is where you are in your training now or with what originally grabbed your interest in the first place (such as Wow! They have Hanbo stuff. So you get Soke Hatsumi's book and Master Van Donk's Hanbo dvds first). Or if learning Ninjutsu as an art is your passion and you are a beginner then consider enrolling in The Black Belt Home Study Course which was designed to give you a foundation and deep understanding of the Ninjutsu system in a step by step format. This is the best place to start, especially if you do not have an instructor in your area or if you have to travel long distances to train. According to success testimonials from both students and instructors alike our Black Belt Home Study Course is guaranteed to help you progress faster, even if you are currently training in a dojo. Our worldwide success is unprecedented. In the Masters section you will find something interesting no matter what your tastes are.

To see how Ninjutsu can work in a realistic situation get the Combat Ninjutsu tape. To learn about the history and philosophy of the art get Soke Hatsumi's "Essence of Ninjutsu" book and the "History of the Schools of the Bujinkan." If you are experienced in Bujinkan Ninjutsu we highly recommend Shihan Richard Van Donk's Complete Courses in the following order: First is Gyokko Ryu Kosshijutsu Nidan Course, then the Shidoshi Teachers Training to teach you how to share the arts to others. Then the Budo Taijutsu Course to better help you master your taijutsu. Then get Shinden Fudo Ryu Course. And be sure to check out the Tai Kai dvd's which have a lot of bang for the buck!

Also, if you do not already have a spiritual practice and want to establish one then get the Living the Spiritual Path course or at least the Sourcing Enlightenment Audio Cd's that 25 years of research went into. And remember that for training you will need to wear a black uniform with a white belt until you pass your first level grade of 9th kyu and then you can wear a green belt until you reach the BlackBelt rank. We have studies all the way to 15th Dan and we have students that have got there. You can do it too but most of all get started and enjoy the life changing journey!

## Bushindo University™

Established in 1994 to expand our educational studies of martial arts and to be a pioneer of the best body, mind, spirit teachings available and to bring back the temple arts into the daily lives of our students.

## Bujinkan Ninjutsu Source

We represent Soke Hatsumi in every way we can as he is the source and life spring of the Bujinkan system. Only Bushindo Inc. offers Comprehensive Courses, DVDs, Books, translations, Home study materials, Training gear, Rank certification and direct Japan training with Soke all in one place. This is why we call our training the Source.

## International Bujinkan Dojo Association™ American Bujinkan Dojo™

The ABD™ was founded in 1985 and IBDA™ was founded in 2000 by DaiShihan Richard J. Van Donk, a personal student of Grandmaster Masaaki Hatsumi, who has given us full authority to promote the Bujinkan Ninjutsu / Budo Taijutsu Tradition in America and throughout the world. DaiShihan Van Donk was awarded a 15th degree BlackBelt [menkyo the highest Ninjutsu rank possible] and has been given the prestigious Golden Dragon Award from Soke Hatsumi for his efforts in promoting Ninjutsu around the world. Comprehensive curriculums are available from beginner to 10th dan. All IBDA Ninjutsu rank certification comes from Soke Hatsumi in Japan. As an IBDA student your 5th degree Godan test can be taken directly with DaiShihan Richard Van Donk or at the Japan Hombu.



**Keep persevering and  
Enjoy Your Training!**

**If you still need help call us at 707-987-9322  
And we can help you decide.**

# BUSHINDO UNIVERSITY

## GMaster Van Donk reveals his vision and story behind Bushindo



The Bushindo™ System was founded in order to integrate my martial arts knowledge, and my experiences of spiritual awakenings, and brain-mind research, as well as to separate these teachings from those of the Bujinkan Ninjutsu System as taught

by Soke Hatsumi in which I have invested over three decades of study. In the past few years Soke Hatsumi has merged his arts into a kobudo (ancient warrior) fighting system now called Budo Taijutsu. Although I have trained extensively in these fighting arts, both with him and with many other Grandmasters, my heart and the passion that drives my life is the integration of the philosophical and spiritual sides of the sacred temple arts. I am very interested in seeing how far a group of individuals can evolve ourselves as human beings. The studies of brain-mind research, yoga, kundalini research, sound and light activation of consciousness, meditation practices, body healing methods and alternative medicine are foremost in my personal dedication now. Therefore Bushindo™ as a University was born.

## What does Bushindo University™ do for you?

Bushindo University™ brings back the temple arts and incorporates a complete system of integrating the human organism to its fullest state of development. Based on ancient sacred teachings that I have studied since I was a young boy, I have synthesized skills of the best of the best from many systems of studies that have transformed the lives of millions and millions of people. I have taught several of these systems to others in the past and achieved great results. By using my 35+ years of research into the science of how the brain/mind stores, codes and processes information to create and understand paradigms of study and forge modeling processes I am able to help you integrate the knowledge successfully at a faster rate of learning by unifying these sacred arts. I break the studies down into 5 categories of training; Physical, Mental, Emotional, Spiritual, and Social. To advance yourself as a martial artist or human being you must enhance each of these levels to lead a positive and balanced life. These Enlightened Warrior™ teachings are now shared in my private transformation sessions and at special events.

## Future of Bushindo University™

Over the last few years we grew from a web presence offering products, services, and home studies to a full Online University. Next evolution will be a brain-mind research center with an indoor/outdoor year round Bushindo™ training facility where individuals can make a committed difference in themselves and the world around us. Designs and business plans are now being completed. If you have connections for funding let us know at it will make all our dreams a reality sooner.

## We love Ninjutsu and it is at the core of our teachings

I am still totally actively involved in the Bujinkan system of Soke Hatsumi. Ninjutsu is my passion which is why I have already taken about 50 trips to train with the Master. I received a Judan Menkyo (now equal to 15th dan in his Budo Taijutsu system) from Grandmaster Hatsumi at the beginning of the new millennium. I and other high level instructors support IBDA students worldwide with their Ninjutsu studies. **All of IBDA's ranking comes from Japan.**

## Bushindo™ as a Martial Arts System.

In addition to studying with Soke Hatsumi in the arts of Ninjutsu I have been studying and teaching with several councils of Grandmasters. We gather for a few days or more to share each other's arts. We work on what really works and what doesn't. We work on what is the same and what is different. Being exposed to these wonderful masters has taught me many things, made me think and helped me to become a better martial artist of my own kind. I took the best and threw out the rest. I simplified and made everything flow better and easier. I made it all more accurate and precise. I worked on all the angles, distancing and timings of all these master systems until I discovered a master pattern which I call the Golden Matrix. What I have worked out seems to be the core of all movement systems. Bushindo™ is a body-mind-spirit integrated system that will renew, revitalize, and rejuvenate your life while giving you martial art skills second to none.

**RESPECT, GRATITUDE, DEVOTION TO LIFE,  
RIGHTFUL ACTION, MUCH JOY AND PLAY**

# Who is GrandMaster Richard Van Donk?

Master Richard Van Donk was born in Stockton, California on July 15, 1950. Warrior names: kongo tatsu koutei (Diamond Dragon Emperor), Mr. Happy, and Yeeha by Soke Hatsumi.

GrandMaster Van Donk is the founder of Bushindo University, Enlightened Warrior™ Teaching System and the International Bujinkan Dojo Association. He is also the director of the International Bujinkan Dojo Association with its International Hombu Dojo residing in northern California, USA. He is married to his lovely wife, Linda, a Bujinkan Shihan Shidoshi (10th dan) and current president of Bushindo and director of American Bujinkan Dojos. Master Van Donk is a direct and personal student of Grandmaster Hatsumi and has been authorized by Soke Hatsumi as a fully licensed teacher of the warrior ways to enlightenment of the Nine Ninjutsu Traditions which Soke Hatsumi learned from the late Toshitsugu Takamatsu Soke (the last true living Ninja.) Master Van Donk has been a pioneer in the art of Ninjutsu in creating ranking curriculums, creating Home Study Courses, and offering Soke Hatsumi's teachings, including seminars, books, and videos, to the world. He travels at least once a year to Japan and around the world to personally train with Soke Hatsumi and to share his knowledge worldwide.

**MARTIAL ARTS EXPERT:** With 50+ years experience GrandMaster Van Donk is one of the highest ranking Bujinkan Ninjutsu Instructors outside of Japan (15TH DAN MENKYO / SHIDOSHI ). Privileged to be a personal student of 4 grandmasters and member of several Grandmaster councils worldwide, Richard has received a unique understanding of the martial arts. He holds Black Belt levels or above in Karate, Jujitsu, Tae Kwon Do, Iaido, Aikido, and Battojutsu. He is also an internationally acclaimed Eskrima Grandmaster (personal student of the late DeCuerdas Grandmaster Gilbert Tenio). The International/American Bujinkan Dojo™ and Bushindo University™ have been founded to further martial arts teachings around the world and to provide students an unbroken transmission of Ancient Arts for Modern Times. Master Van Donk is dedicated to achieving World Peace and inspiring personal transformation for every individual in our world family. A member of the prestigious WHFC World Head Of Family Sokeship Council, in Sept 1995 he was awarded Grandmaster of the Year. Grandmaster Van Donk is profiled in Who's Who in Martial Arts, World's Most Elite Martial Arts, and Who's Who in America publications.

## DIRECTOR OF THE INTERNATIONAL BUJINKAN DOJO ASSOCIATION AND BUSHINDO UNIVERSITY.

**NINJUTSU:** DaiShihan Van Donk received his (Nidan) Black Belt and Shidoshi-ho (Junior teaching license) directly from Grandmaster Masaaki Hatsumi in 1985. At this time Soke Hatsumi also made him a personal student in a special dojo ceremony. In 1987 he passed his 5th degree test in Japan in front of a panel of Japanese Shihan. At that time he was only the 9th non-Japanese person to be awarded this rank in the art's 2,000 year history. In 1991 Richard received the Golden Dragon Medal Award which is the highest honor in this art. Soke awarded Shihan Van Donk his 10th degree BlackBelt in a private ceremony on Dec 2, 1995 (Soke Hatsumi's birthday). Richard was awarded 15th dan on Dec. 2, 2004.

**ESKRIMA:** After 15 years of study Master Van Donk was given the rare title of Professor / Master in DeCuerdas Eskrima from the late Grandmaster Gilbert Tenio, who passed his art and Grandmastership to Master Van Donk before his death.

## HIS PERSONAL SPIRITUAL QUEST:

Master Van Donk has journeyed all over the world questing Truth, Consciousness and Bliss. He has visited spiritual people and holy places such as the Pyramids in Egypt, Machu Picchu in Peru, Satgurus in India, the Dalai Lama, Tibet Monasteries, China sacred mountains, Israel/Holy lands, Stonehenge, Ephesus in Turkey, Mt. Shasta, American Indian holy sites, Japan Mikkyo Temples, Hunas of Hawaii, Ancient civilizations of Palenque, Teotihuacan and several others deep in the jungles of Mexico searching and studying aspects of spirituality. He is considered a philosopher by many and he has written several books and tapes on the Enlightenment process. He travels sharing the "Awakening... the Optimal Human Experience". Many new exciting brain, mind, spirit, body projects are being developed with the Bushindo™ System.

Obtained Master Trainer Level in such therapies as Neurolinguistic Programming & Design Human Engineering. Certified in Massage Therapy, Hypnosis, & Psycho semantics, he is a coach's coach.

Richard teaches enlightenment and martial arts in a direct and yet very lighthearted way with lots of humor; helping people to find their truth and center themselves while giving them the tools to empower their lives and become better human beings in the process.

# IBDA OPPORTUNITY

**“Taking You  
From Beginner  
To Master”**

**With  
Master Richard Van Donk**

**A Lifetime  
of Ninjutsu  
Teachings**



**Shodan  
1st-DAN**



**Green Belt**



**White Belt**



**International  
Bujinkan  
Dojo  
Association**

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**Your Journey Awaits You**

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# Your Path of Opportunity with the **INTERNATIONAL BUJINKAN DOJO ASSOCIATION**

## **“Taking you from Beginner to Master”**

The journey of a lifetime begins with your first step.

### **Step 1. Join and Become an IBDA MEMBER**

Enter the Vault and Study 24 hours a day with our worldwide Online Study group.

### **Step 2. Become a Ninja BlackBelt – Start Today!**

Enroll in our Ninjutsu BLACKBELT COURSE at a dojo or with our proven Home Study Course.

### **Step 3. Become a TEACHER, SHIDOSHI-HO**

A Teacher of the Warrior Ways of Enlightenment with our Teacher Training Course.

### **Step 4. Start a IBDA Training Group or Dojo**

Earn extra income teaching through our DOJO WEALTH BUILDING Program.

### **Step 5. Become a Martial Arts Master**

Reach higher advanced BlackBelt levels with our Step-By-Step 2ND Degree to 10th Degree studies.

### **Optional Opportunities**

- Attend our annual IBDA Tai Kai Event, Theme related Seminars / go on a Japan Training Trip.
- Join Shihan Richard Van Donk's Mentorship Program / Inner Circle or Personal one-on-one accelerated advancement training.



**Master Richard Van Donk**

Director of the International Bujinkan Dojo Association



**[WWW.NINJUTSU.COM](http://WWW.NINJUTSU.COM)**

**1-707-987-9322**



**We bring Ninjutsu to your door!**  
**“Taking you from Beginner to Master Teacher!”**

Train 24 hours a day! Get the keys to the Ninja Vault loaded with How- to teachings, Video clips, the 9 Ryu histories, Waza, Meditations, & much more. Get answers at a Private Ninja Training Forum. Get a cool IBDA Membership ID Card and Certificate suitable for framing. Become a Teacher!

**ALL This for only \$40 a year (\$3 a month)**



**Now Only \$40**

**NINJA SOURCE VAULT**  
**Explore the Living Denso Secrets.**

Secret Denso Scrolls are hidden in our Ninja vault! And the only Vault key necessary is to become a Vault member for a low \$40 per year. Our Students and IBDA members deserve special knowledge that is not available to the general public. Why hide stuff? .... Heh, we are Ninjas (in training) aren't we? So a special Ninja Members Only Vault is has been created. We are working hard to fill this vault with lots of high quality martial arts and life empowering information, newsletters, articles, history of the 9 Bujinkan Schools, Soke lineage lists, and ryu waza lists, training techniques, pictures of Takamatsu, Hatsumi, Van Donk, Martial arts, wall papers, free downloads, audio teaching files, lots of video clips and whatever else that should be locked up only for our members. If you have something cool to contribute let us know as we are growing this library of knowledge for you. **Join now and open the secret scrolls!**

**NINJUTSU ONLINE STUDY GROUP**  
**Exclusive Members Only!**

Become a member and get the answers to training that you want 24 hours a day access. For years it was open to everyone. In order to keep it being a Ninjutsu training forum and not a gossip forum of who is better than whom forum we have taken it private where you can get real truthful and respected answers to your training questions. Discuss your favorite Martial arts topic and learn from top instructors all in one place. For a limited time only the online Study Group and the Ninja Vault it will be included in the IBDA Membership and the Shodan Training Course.

**The Ninja Vault, Ninjutsu Online Study Group and ID Card, Membership Certificate for only \$40. Wow!**



# Your IBDA Opportunity!

HOW FAR DO YOU WANT TO GO IN YOUR NINJUTSU STUDIES? 5TH KYU? SHODAN? GODAN? SHIHAN?

## We take you from beginner to Master.

Not just idle words. Hundreds of Bujinkan high ranking teachers got their start with us even a few made it to 15th dan! Results speak for themselves. You can be next when you start today with our teachings at IBDA. Go as far as you want to go.

## At IBDA you will find the following:

We are dedicated to helping you personally grow as a human being, to become a better martial artist and to encourage you to become a teacher of what you love.

- All IBDA instructors (and students) know all the same information from 9th kyu to their dan certification level.
- IBDA instructors have solid reference material for themselves and students.
- IBDA Shidoshi (fully licensed) or Shidoshi-ho (junior licensed) instructors have been taught how to teach and are certified.
- IBDA instructors (and students) are properly rank licensed through Soke Hatsumi in Japan, signed by Shihan Van Donk and will be recognized worldwide.
- All students will have the opportunity to learn whatever they desire of the Ninjutsu teachings while having a solid curriculum to follow from 10th kyu Beginner to 10th dan Master.



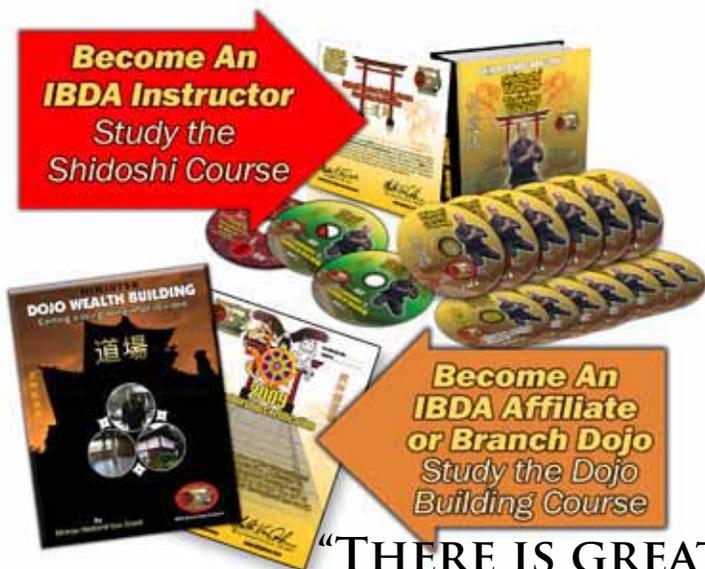
## NOT ALL NINJUTSU TEACHING SYSTEMS ARE THE SAME.

May I speak privately and honestly with you? Training and teaching in the Bujinkan can be challenging. Soke Hatsumi has left all organization, ranking certification up to Godan, and style of teaching his art to his Shidoshi students. They can teach anything they want, how they want, create any ranking structure they want, even have their own organization or not.

While this is wonderfully freeing for a teacher it is also very confusing to many students who see a BlackBelt with solid skills from one teacher and then see a 4th dan BlackBelt with no skill level from another. Even though they train in the same art students most often have not been taught the same information, nor are they required to be, the Bujinkan system is so loose that there are even disrespectful Shihan that fly around the country just ranking other peoples students whom they have only met for a day or so to much higher ranks than their own teacher has graded them. This often causes these students to leave their current teacher for the new one.

Good people are tricked into momentarily believing that rank is more important than knowledge as they think they can get the knowledge later. But without a standard study system this will never happen and these students end up being left without the guidance they truly need. For over 25 years we have had a very solid system of study from beginner to 10th dan, ranking based on knowledge and a worldwide organization that offers more study information and opportunities than anyone else in the art.

Become An IBDA BlackBelt - Start the Masters or Shodan Course We want to give our students what we did not get from our teacher and he supports us in this endeavor to offer you the best experience you can have in Ninjutsu. We encourage students to train with everyone they can to add to their knowledge while they foremost keep a solid foundation and an organizational home to build their martial arts experience on.



**“THERE IS GREAT JOY IN HELPING OTHERS HAVE A BETTER LIFE.”**

IBDA takes a solid stance on having a strategic standardized study plan that benefits everyone while offering additional flexibility so everyone can grow and learn at their own pace in the way they desire.

**IBDA - “TAKING YOU FROM BEGINNER TO MASTER”**



# Memberships - Patches



## IBDA MEMBERSHIP



### International Bujinkan Dojo Association™

Your International Bujinkan Dojo Association™ membership comes with a very colorful IBDA™ Certificate suitable for framing, an International Bujinkan Dojo Association oval patch, occasional member specials, Ninja Vault access (page 1), Ninja Online Study Group and is required for all IBDA rank testing. No application is needed. All renewals receive a new certificate and another IBDA patch. The vault is worth 10 times this. Please see page 2 for details on the IBDA™ Opportunity.  
**Annual Membership: #MEM-IBDA \$40.**

## MEMBERSHIP CARD

### Official Annual Bujinkan Hombu Dojo Membership Card



This Official Bujinkan Dojo Annual Membership card comes with your IBDA membership.

The Hombu Dojo no longer issues membership and Soke Hatsumi has authorized DaiShihan Richard Van Donk and IBDA to issue a Bujinkan Membership ID card.

The card is black with gold trim Membership cards are good only for the year in which purchased.

## IBDA PATCHES



### International Bujinkan Dojo Association (Shoulder Uniform Patch)

Metalic Gold IBDA letters written over a metallic silver and grey globe with a Red circle and black Bujin Kanji outlined in gold. Oval shape outlined in black over a red background. **#PA-07 \$10**

## Soke Hatsumi's International Bujinkan Dojo Patches



### KYU Patch

Official Bujinkan Hombu Dojo 9th kyu to 1st kyu Patch direct from Soke Hatsumi in Japan **#PA-03 \$35**



## Uniform Stars



### White, Yellow, or Silver

3/4" Uniform stars are to be used on your uniform above the proper gi patch for the kyu or dan level that you are certified at. They come in a package of 4 so that you will have them as you advance. The iron-on backing allows you to set them in place and then sew or tack them down to keep them in place.

- 4 White Stars **#STAR4W \$5.00**
- 4 Yellow Stars **#STAR4YEL \$5.00**
- 4 Silver Stars **#STAR4SIL \$5.00**

### DAN Patch\*

Official Bujinkan Hombu Dojo 1st dan to 4th dan Uniform Patch direct from Soke Hatsumi in Japan. **#PA-04 \$35**

#### \*Please Note:

To order a DAN patch a photocopy of your Bujinkan Dan certificate is required to verify your official Bujinkan rank, unless you are on our certified dan list records. Email to [info@ninjutsu.com](mailto:info@ninjutsu.com)

Shihan Richard Van Donk's

# Ninjutsu Masters Course



## Ninjutsu Masters University Course

By Bujinkan 15th dan, Master Richard Van Donk, was carefully and strategically crafted to easily take you step by step in learning the art of the Ninja. This is a comprehensive university package designed to take you from Beginner to 5th dan Master level in about 8-9 years of much hard work and perseverance. No rank promises are made. This is REAL training and you will be proud of your progress.

<http://mastercourse.ninjutsu.com/>

# NINJUTSU- BUDO TAIJUTSU

## Bujinkan Masters Course

**7 Complete Courses!** Includes 43 Dvds, 14 Cds, 6 Manuals, 2 Books, 1,782 study pages, 4 Patches, 3 certificates, LIFETIME access in the Ninja Vault and the NINJADOJO ONLINE Course



**WE COVER IT ALL....** from the Old Days training of Ninpo Taijutsu, Ninjutsu, Togakure Teachings, Ten Chi Jin... to Juppo Sessho to the more modern Budo Taijutsu. From the Art of Awareness to Combat Ninjutsu. Why be limited? or forced to a name? Soke's Bujinkan has offered many different teachings from many schools and that training has changed and has evolved as he has.

Shihan Richard Van Donk has codified over 35 years of Bujinkan study into a University Course that gives you the full spectrum of Hatsumi Bujinkan teachings from the Art of Awareness to Combat Ninjutsu/Budo Taijutsu. We will **NEVER** offer less!!

**Our goal is to provide you with the best education possible to take you from**

**Beginner to Master! Reg: \$2495 Special \$1797-**

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# NINJUTSU Black Belt Course



## Become a Black Belt Instructor in Ninjutsu in your own home at your own pace!

This revolutionary Ninjutsu Black Belt Home Study Course, pioneered by Master Richard Van Donk, is used by high ranking Ninjutsu instructors and beginning students alike with great success in over 50 countries worldwide. Seven years, 1000's of hours of research, lots of blood, sweat and tears, and almost million miles of travel in 25+ trips to Japan to personally train with Grandmaster Hatsumi and other Shihan teachers went into providing you with this very comprehensive step-by-step Black Belt curriculum. There is none like it anywhere else in the world. The elite World Grandmaster Council (WHFSC) gave us the #1 Top International Videos Award in 1999. Find out why for yourself! Train at home at your time at your pace! Become an Instructor in Ninjutsu.

**100% SATISFACTION  
GUARANTEED.**

**WHY A HOME STUDY COURSE? [www.BlackBeltCourse.com](http://www.BlackBeltCourse.com)**  
Simply put, authentic Ninjutsu is hard to find in many parts of the world. You won't find a qualified instructor available on every corner. The Ninjutsu Black Belt Home Study Course gives people who are not fortunate enough to have a good teacher near them an opportunity to study this art in a step by step manner, offers them a way to get feedback on their training, and if desired, obtain a certified ranking. From the reports of our video students this is a dream come true. The Ninjutsu Black Belt Home Study Course even helps those who have a Ninjutsu dojo near them to practice the lessons at home, enhancing their training. Our students who train at the dojo and at home with the Course advance at least twice as quickly. The Ninjutsu Black Belt Home Study Course also creates a standard for growth and gives a new BlackBelt a method for becoming an instructor themselves.

### HOW WILL I BENEFIT BY STUDYING THE COURSE?

People who want a life change, new martial art students, families or buddies who want a hobby together, those who already train but want more information and to learn faster, those without instructors, instructors who want a curriculum for students, blackbelts in other arts and schools who want to add to their system, knowledge or credibility. Our success tells us that our Ninjutsu BlackBelt Home Study Course will give you the edge you need to become a better martial artist!

### HOW DO I GET STARTED?

[www.ninjutsu.com/beginnersreadthis.shtml](http://www.ninjutsu.com/beginnersreadthis.shtml)

Enroll in the Ninjutsu Home Study Course, fill out the Bushindo Student Registration form that comes with your set. Find a training buddy. Obtain through us or your local martial art shop a black uniform with a white belt. You do not need to have tabi shoes, (some do, some don't). Over time you will need to get or make a few wooden weapons such as a knife, 3ft staff, 6 ft staff and a wooden sword. Study each move on the dvd's over and over until you can do them easily just like it is shown. Most students take about 3 months at each level, achieving their BlackBelt in 2 1/2 years of dedicated study. If you are athletic or already have martial arts experience you may go faster through the levels keeping in mind that the basics are the foundations that you build your BlackBelt and above training on. This Course was carefully crafted over 7 years to give you a natural progression of material. Test for rank and keep studying.

### HOW DO I TEST FOR RANK?

We make it simple. Test at an IBDA dojo, attend the annual IBDA Ninja TaiKai, come get a private lesson, host a seminar, or submit a video (up to 1st kyu) to our testing center. We support you in every way in your distance learning. Worldwide success over the last 15+ years has helped us to perfect our teachings, creating BlackBelts and certified Instructors with these lessons. Your BlackBelt test and promotion must be done in person at a semi-annual camp, seminar, tai kai, dojo or private session (even at your location). This is a real BlackBelt and we want your day to be special! Check out all the testing options & details at [www.Ninjutsu.com/rank-testing.shtml](http://www.Ninjutsu.com/rank-testing.shtml)

**WE'VE TRAINED BEGINNERS  
INTO SKILLED BLACK BELTS  
ALL OVER THE WORLD.  
ARE YOU NEXT?**

### CAN I STUDY THE COURSE WITH A FRIEND? (BUDDY PLAN)

It is fun to have someone you can share this art with! Each of you will inspire the other's growth. We fully encourage you to get a family member or a friend to study this art with you. While you can definitely study a lot on your own Ninjutsu is an interactive art that requires a partner to really understand it and appreciate it. Family trains as one unit and buddies need their own study materials - just like at any school or university.

### CAN I REALLY LEARN WITH THE DVD COURSE INSTEAD OF AN INSTRUCTOR?

Absolutely! The DVD videos are your instructor, teaching you in your home or dojo in a step-by-step way. You can slow motion the instructor and practice the move until you learn it. No intimidation of a class. Go at your own speed. And do it when you have the time. Of course you will need to find training partners or a Bujinkan school near you when you feel you are ready to take your training to a new level. We have created a unique and very effective video/dvd testing feedback system that really works. We know because it produces results!



# NINJUTSU Black Belt Course

FROM NINJUTSU MASTER  
RICHARD VAN DONK,  
15TH DAN

HOW TO GO FROM A BEGINNER TO INSTRUCTOR IN 10 STEP-BY-STEP INSTRUCTIONAL DVDs, A TRAINING TECHNIQUE MANUAL AND EVEN AN ONLINE STUDY FORUM WHERE YOU CAN GET THE ANSWERS YOU NEED.

## A Complete Ninjutsu Learning System!

Now anyone, anywhere in the world can study Authentic Ninjutsu. Master Van Donk took 35+ trips to Japan during the last 20+ years to personally study with Ninjutsu Grandmaster Hatsumi to bring you this opportunity. Good teachers of authentic Ninjutsu are limited and hard to find so we created a way for you to learn the art without traveling. These Ten comprehensive learning DVD 'S give you endless techniques, plus the forms, philosophy, weapons and dynamics of this 1,000+ year old art in a step-by-step learning format (including the names of techniques in Japanese for the serious student). Nowhere else in the world is this information available formatted as it is in this easy to learn Beginners to Black Belt, 10 DVD Ninjutsu System. Each DVD study

level was carefully designed to be progressive, from easy movements to disarming weapons. Progress quickly as you watch moves over and over or frame by frame in slow motion as you practice them at your own rate of learning. While no DVD course is a complete substitute for a qualified licensed instructor, many have used this very set to become one. The next one could be you! Read details of rank testing and our Buddy Plan on Page 6. Enroll in the Complete Black Belt Home Study Course and **Begin your training today!**  
**Become an IBDA Instructor!**

**LEARN AT HOME AT YOUR OWN PACE**

## Get the Complete Ninjutsu Black Belt Home Study Course

with TEN 1-hour DVD videos; and receive over \$150 in FREE Bonuses including:

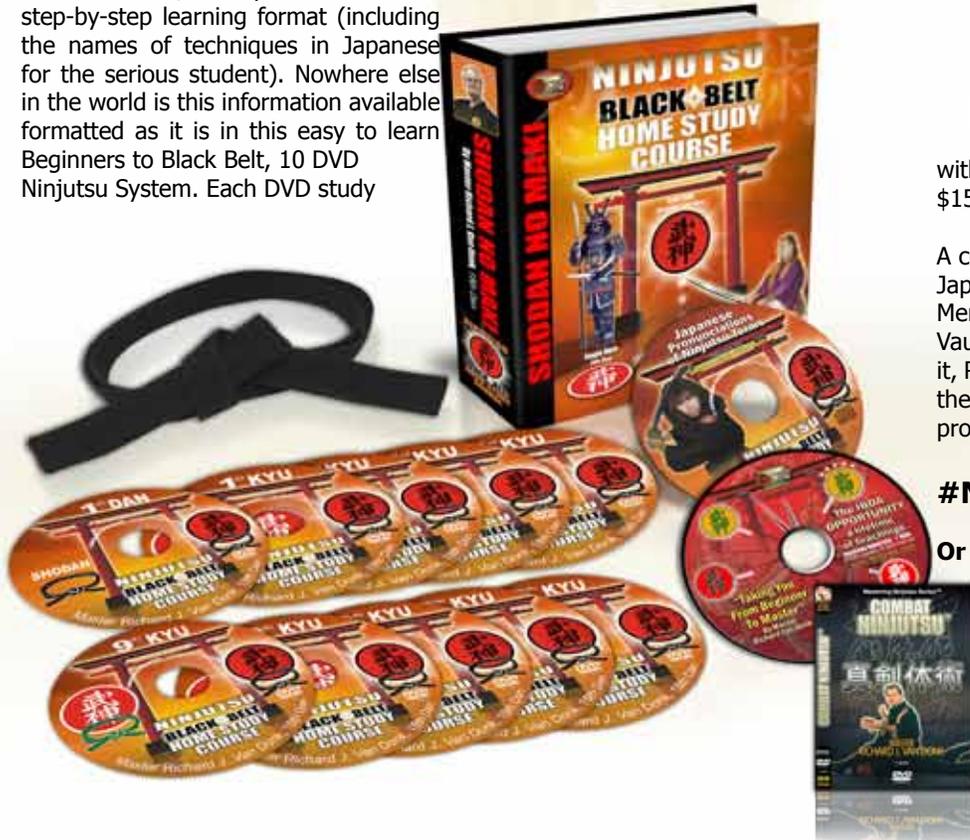
A comprehensive Black Belt Training Manual, Japanese Terms learning Audio, 1 yr. Membership, IBDA shoulder patch, Online Ninja Vault, beautiful Wall Certificate with your name on it, Registration for distant learning rank testing with the Bushindo Martial Arts University, Buddy program and more.

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**Combat Ninjutsu DVD** and see the rock and roll action you'll be able to do when you complete this course!

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# We Bring Authentic Ninjutsu To Your Door!



# Ninjutsu Black Belt Course What You Will Learn-

## 9TH KYU REQUIREMENTS- Beginners Level 1

Building your foundation. Learn the proper Ninjutsu bowing-in procedures, how to tie your belt, how to warm up & stretch before training & the basic standing postures of Seiza, Hira & Ichimonji no kamae. This first dvd teaches you basic forward & backward rolls and breakfalls (how to go to the ground without getting hurt) as well as the basic punches and kicks of Ninjutsu. It covers how to be out of the way of attacks with proper evasion by using your body effectively. You'll begin learning the Sanshin no kata, a set of 5 elemental movement forms which teach very important principles of movement and feeling. At 9th Kyu level you'll learn the basic Chi or earth feeling form of the Sanshin. Intro Level - Basic Body conditioning, Belt tying, Bowing, Movement Basics, Natural Postures of Shizen, Seiza & Ichimonji, Earth Form, Evasion, Rolling, Basic Punching and Kicking

## 8TH KYU REQUIREMENTS- Beginners Level 2

The focus of the 8th kyu level is taihenjutsu or basic falling, leaping & evasion skills. The foundation for all of the more advanced techniques you will learn rests upon your ability to move fluidly and go to the ground without fear. In 8th Kyu you'll work more on your rolling & body movement skills as well as adding the postures of Hoko, Doko & Jumonji no kamae. You'll learn Omote & Ura Gyaku (inside and outside basic wrist grabs & reversals) as well as Tehodoki (basic wrist escapes) & basic Hanbo (3 ft staff) movements. Continuing the Sanshin no kata you'll learn the basic Sui or water feeling form movement. At 8th kyu you will be introduced to the Kihon Happo movements, the fundamental ways of moving upon which our art and most all of the martial arts are based. From this level on up you will need a partner to work out with. Ichimonji no kata is the first movement drill you will learn from the Kihon Happo. Wrist grabs - Locks and escapes, Cartwheels, Weapon- Hanbo (3ft wooden staff), Water form, Being a training partner (Uke), Blocks, Escape from grabs, Striking techniques. Jumonji, Hoko and Doko No Kamae.

## 7TH KYU REQUIREMENTS - Beginners Level 3

Emphasis at this level is on having more flowing body movement with less effort. You need to be able to go to the ground effectively and be able to take your partner off balance using your body movement rather than muscle. You'll learn side rolls, more advanced back rolls, standing, forward, backward & sideways breakfalls. The postures of Kosei, Hicho & Ihen no kamae are covered as well as Shuto (cupped hand) strikes & backward and sideways kicks. More punching drills, Kihon Happo & the Sanshin forms of Ka (fire) & Fu (wind) as well as the Gyaku Waza (wrist

reversals) techniques of Omote Oni Kudaki & Hon Gyaku. Basic tanto (knife) techniques are also covered. Advanced Rolling methods, Breakfalls, Kicks, Fire & Wind feeling forms (SanShin), Beginning grappling (Kihon Happo), Knife understanding attacks, Postures: Ihen, Kosei, & Hicho, Posture flow drill, Oni kudaki.

## 6TH KYU REQUIREMENTS - Intermediate Level 4

At this level in your taihenjutsu (body movement skills) you should be able to roll without using your hands so that you can either pick up a weapon or take down an attacker as you are rolling. This tape covers how to do this as well as Shiho Tenchi Tobi (4-way leaping skills), Shiho Geri (4-way kicking) and Sokoyaku Ken (heel/sole foot dance). You'll learn the last set of the Sanshin no kata, the Ku or void feeling form. From the Kihon Happo you'll practice the Jumonji no kata (crossed hand posture movement drill) & Musha Dori. The Kusari fundo, a weighted chain, is the weapon focus for this level (we always use a rope version for safety when training with a partner). The importance of meditation & diet are covered as well. Leaping skills in several directions, Thumb striking, Void feeling form, Medium level Grappling, Weapon -Kusari Fundo- (Rope/Chain) techniques, Advanced kicking including 4-way (Shiho tenchi Tobi). Meditation, Diet, More Kihon Happo.

## 5TH KYU REQUIREMENTS - Intermediate Level 5

The focus at this level is learning the Kihon Happo movements with efficiency and knowledge of the Japanese names for each technique. This level is a major step and accuracy as well as good body flow is a must. Advanced kicking & punching methods practiced while going to the ground as well as Muto Dori Gata (empty handed sword evasion forms) are on this tape. You'll learn how to strike using the Boshi Ken (thumb fist) & Shako Ken (claw fist), and to kick using Kakushi Geri & Sampo Geri forms. Continuing the Kihon Happo you'll learn Hicho no kata (flying bird form movement drill) and Ganseki Nage (beginning throwing forms). Basic grappling forms are also covered and the weapon focus for this level is Shuriken (throwing stars). Sword evasion forms, Medium level Grappling (Kihon Happo), Body grab escapes, Shuriken techniques, Beginning throws (Nage), advanced kicking and punching methods also done while falling.

**Get the Ninjutsu  
Home Study Course  
BECOME A BLACKBELT!**





# NINJUTSU Black Belt Course



## 4TH KYU REQUIREMENTS - Intermediate Level 6

At this level you need to be proficient at taking your opponent off balance. This tape reviews how important balance is in your training and in your life. You'll also find jumping kicks, jumping & diving rolls, running up surfaces, wrist breaking techniques, leg sweeps & how to counter kicks all on this tape. The weapon focus for 4th Kyu is the Rokushaku Bo (6ft staff) & you'll learn basic strikes & distancing for this weapon. Jumping kicks, Countering Kicking attacks, leg sweeps, wrist breaking techniques, 6ft bo staff training (basic and advanced), Rolls (jumping and diving), Flying techniques.

## 3RD KYU REQUIREMENTS - Intermediate Level 7

At this point in your training your attention should be on your partner's body & the effects that your movement & technique have on your partner. This dvd reviews the importance of this as well as introducing the sword, including how to hold it, 10 different sword kamae (postures) and the basic movements and cuts from each of the 10 postures.

Advanced Tai sabaki (body evasion) is covered on this tape, paying specific attention to distancing & timing, as well as advanced Ganseki Nage (throwing forms), power moves & damaging blows to crush your opponent. Sword postures (10 different kamae), basic movement and cutting from each one, Throwing skills of ganseki forms, Silent movement, Using nature, Fist and body harmony, Power moves, Damaging blows to crush your opponent.

## 2ND KYU REQUIREMENTS- Advanced Level 8

This level focuses on advanced falling, leaping, and evasion skills. Kuten (front handspring), Noburi kata (climbing trees, buildings, poles), and Suwari gata (kneeling forms): wrist grabs, reversals, throws and kicks from a kneeling position are shown. You'll learn five new strikes: Shuki ken (hand start fist), Sakki ken (foot start fist), Shishin ken (finger needle strike) and Happa ken (eight leaf fist) as well as Tai ken, the use of the whole body as a fist. Koppo jutsu or bone attacks and Shime waza go kata (the five strangle hold/choking techniques) are also taught on this tape. Weapon focus on this video is the proper use of Shuko (hand claws) and Kenjutsu Shinobi Iai the art of properly drawing a sword.

Discussion on using dreams as insight into things that are happening in your life. Choking and strangulation holds, Knee and elbow strikes, Bone attacks, Climbing trees skills, How to draw a sword several ways, Fighting from sitting and kneeling, Hand claws, Dream work.

## 1ST KYU REQUIREMENTS- Advanced Level 9

This DVD covers Stealth movement and Gotonpo (body concealment methods using nature to escape). Koshijutsu (organ and muscle attacks) is taught using points on the wrists,

arms, shoulders, throat, face, back, chest and legs etc. Advanced throwing variations (henka) from the Kihon Happpo movements of Ura Gyaku, Omote Gyaku, Musha Dori and Ganseki Nage are shown as well as Koshi nage (hip throws), Itami nage (pain throws) and a rare demonstration of Kuki nage (throwing without touching your opponent by using energy and intent only- no body contact).

Weapon focus is the Kyoketsu shoge (long rope with circular ring on one end and a double bladed dagger on the other) and how to use Metsubushi (blinding powder). Stealth, Escaping from danger using nature (Gotonpo), Advanced throws (Nage waza), Organ and muscle attacks of Koshijutsu, Variations of advanced grappling forms, Rare Shoge weapon, Metsubushi blinding powders.

## BLACK BELT 1st Degree (SHODAN) LEVEL REQUIREMENTS

Knife and gun disarms, how to deal with multiple attackers, Kihon Happpo reversing and countering techniques as well as natural taijutsu (body movement) with a gun. Breaking body balance, flowing from technique to technique, capturing the essence of

**AUTHENTIC NINJUTSU HAS NEVER BEFORE BEEN AVAILABLE TO THE GENERAL PUBLIC IN SUCH AN EASY TO UNDERSTAND AND FOLLOW FORMAT! THIS IS YOUR OPPORTUNITY- START NOW!**

the techniques, and getting your life to work for you are all covered on this DVD. If you have really been practicing, by this level of your training your life should be very different than when you first started training. You will be more confident, more relaxed and generally a happier, more aware, and more conscious human being. Now you are ready to really train! Knife and gun disarms, Handling multiple attackers, Reversing/countering techniques, Natural gun shooting, Breaking body balance, Flowing technique to technique, capturing the feeling, Randori.



## Get the Complete DVD Ninjutsu Black Belt Learning System

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ENTIRE SET low price of...\$297-

# Shidoshi Teacher Training Course

BECOME A "TEACHER OF THE WARRIOR WAYS OF ENLIGHTENMENT"

Would you Sell your BlackBelt experience for \$50,000?

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CLICK HERE

Over the years we have asked many people who have achieved BlackBelt level from us this question "Would you sell your BlackBelt knowledge, the changes it has made in your life, impact it has made on others and the friends you have made for \$50,000?" **The answer is always NO WAY!** In one class of 20 BlackBelts they all said NO even for \$1,000,000 - they actually said they would turn down one million dollars! Now that says something!

**You can be a BlackBelt in techniques and yet only be a White belt at sharing them.**

Teaching can be challenging on many levels until you learn over time by trial and error what works OR now you can get trained in a proven step-by-step method, possibly avoiding years of painful stress or just getting too frustrated and quitting. Teaching becomes a natural progression for many students that reach BlackBelt level, sometimes even sooner, as friends and family become curious about what you are learning. Sharing what you love is magical and gives you a great feeling inside. But it is one thing to be able to do techniques and a whole other thing to be able to share the teachings in a way that others can understand and duplicate what you are sharing. When the size of your group increases to 10, 20, 50 or even 100 students on any consistent basis it can be very overwhelming if you are not trained in how to handle this. The IBDA Shidoshi Teacher Training Course is designed to teach you how to set up your trainings, create schedules, themes and select material for your classes. It will also teach you how to instruct a class and how to handle challenging dojo situations. It will teach you how to interact with your students in a way that keeps them coming back for more. Shihan Van Donk will teach you how he teaches, how he trains his instructors and the secrets of

- **How to be a very skilled, confident teacher**
- **How to Create interesting Lesson Plans daily, weekly, monthly and yearly**
- **Handling your Students challenges and keeping them happy**
- **Your responsibilities as a teacher**
- **Empowering yourself to Empower others by learning to become a good communicator, and leader, how to think on your feet, and be quick at decision making.**

The future of the Bujinkan teachings will depend on its instructors knowing how to properly transfer the art's knowledge to their students and for these instructors to represent themselves as confident professionals both in and out of the dojo. We want our instructors to be examples for others to follow and for them to have been given training in how to teach. We want to make their transition easier. This is why IBDA requires the completion of this Shidoshi (Teacher of the "Warrior Ways of Enlightenment") Training Course for all students that want to become Shidoshi-ho instructors with IBDA. Some people will get to learn this in a dojo setting and some will not as they may only train outdoors with a few friends. It is wonderful if you can attend our dojo classes directly or train with a certified instructor but if this is not available to you we have a complete Distant Learning Program that can take you as far as you want to go. While you are training to get your BlackBelt in Ninjutsu you can also study how to teach the art to others. Most students will start this Shidoshi training by the time they reach the 3rd kyu level, which is over half way to Shodan, so that when you get your Shodan (or Nidan) you will already be trained as a Shidoshi-ho ( junior licensed instructor, a direct student under Shihan Van Donk) issued by GrandMaster Soke Masaaki Hatsumi at the Bujinkan headquarters in Japan. This enables you to open up your own Ninjutsu dojo. Yet the greatest level of all is what you will feel inside, the changes you have made in your life and how this affects others around you because of your hard earned efforts. These studies have been proven to change lives! Help us do that by sharing the art!

**Shidoshi Teacher Training Course is required material to become an IBDA Shidoshi ho. Course contains 240 page Study Manual, 2 dvds, and 13 audio cds.**

**#Shidoshi101 \$297 - \$247 Special**

# BUDO TAIJUTSU Master Principles Course

## BUDO TAIJUTSU COURSE "Perfecting Your Budo Taijutsu"



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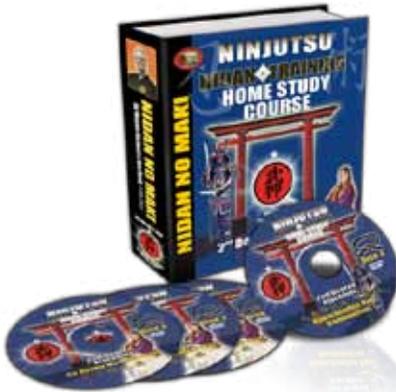
- 236 page“Perfecting Your Budo Taijutsu”Instruction Course Manual
- 11 DVDS –Shidoshi Richard Van Donk and 9 other instructors share with you their master concepts of Budo Taijutsu in actual demonstration and drills to practice. All about 1 hr long each DVD.
- 70 PAGE Ten Chi Jin Manual - Shidoshi Richard Van Donk notes from 25 years of compiling and studying the Heaven Earth And Man scrolls known as the Ten Chi Jin. This is a \$75 bonus value (for real check the price at the store).It is included here in case you are not real familiar with the core teachings of Soke Hatsumi.

This Budo Taijutsu Course of 11 DVDs and 236 page Manual Only \$24 7-

**More Information Online at**  
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# 2ND TO 4TH DAN (Degree) Course Packages



## NIDAN IBDA Level Training Course

2nd degree Black Belt (Nidan) Package includes: **Gyokko Ryu**

Nidan (2nd degree) IBDA Training Course 263 page Manual includes all the Gyokko ryu wazas of Jo Ryaku no maki, Churyaku no maki and Geryaku/Mutodori gedan plus 29 Kukishinden Ryu Hanbojutsu Shoden / Chuden / Okuden level wazas in Japanese Kanji and English translation and how to practice explanations. Complete with Bakku In Mudras. Shihan Richard Van Donk teaches Nidan students to demonstrate all the wazas to you and expands the teachings.

- Gyokko Ryu Jo Ryaku no maki wazas DVD
- Gyokko Ryu Chu Ryaku no maki wazas DVD
- Gyokko Ryu Ge Ryaku no maki wazas DVD
- Kukishinden Ryu Hanbojutsu/Shikomizue DVD

**You can only get these complete Gyokko Ryu waza dvd's in this IBDA NIDAN Course Package #Course-Nidan Complete Package Price \$247-**



## SANDAN IBDA Level Training Course

3rd degree Black Belt (Sandan) Package includes: **Shinden Fudo Ryu**

Sandan (3rd degree) IBDA Training Course 356 Page Manual includes all 84 wazas of Shinden Fudo Ryu Dakentaijutsu, Ten & Chi No Maki, Shizen Shikoku No Kata Jutaijutsu, Shoden Gata/Juroku Gata /Chuden/ Okuden levels and from Kukishinden Ryu: Rokushakubojujutsu- Shoden, Chuden, Okuden, Kuden levels.

- DVD 1- Shinden Fudo Ryu Ten No Kata (24 Heaven Forms)
  - DVD 2- Shinden Fudo Ryu Chi No Kata (24 Earth Forms)
  - DVD 3- Shinden Fudo Ryu Shizen Shigoku (36 Ultimate Natural Forms)
- Plus DVD- Shihan Richard Van Donk's Ninjutsu Weapons Vol 1 Hanbo, Bo, Kusari, Shuriken

**SANDAN Course Package #CourseSandan Package Price \$247-**



## YONDAN IBDA Level Training Course

4th degree Black Belt (Yondan) Package includes: **Takagi Yoshin Ryu**

Yondan (4th degree) Training Course 206 Page Picture Manual includes all 97 wazas of Takagi Yoshin Jutaijutsu including Shoden No Kata /Chuden No Sabakigata / Chuden No Tai No Gata / Okuden No Kata levels and Eri Shimegata, Moguri. levels. Kukishinden Ryu: Yari Jutsu , Kodachi, Muto Dori -

- DVD 1 - SHODEN LEVEL WAZAS
- DVD 2 - CHUDEN LEVEL WAZAS
- DVD 3 - OKUDEN LEVEL WAZAS includes 14 wazas not listed in Sokes Unarmed Fighting Texhiques Waza Book!!

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# Master Richard Van Donk's Ninjutsu Made Easy Series DVDs



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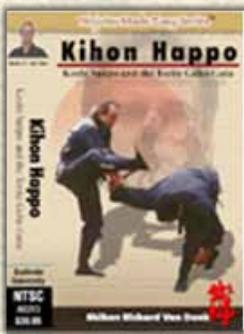


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**When you buy the complete set you only pay for 5  
but get all 6 dvds! #DVD500 \$124.95**



## **KIHON HAPPO - Koshi Sanpo / Torite Goho Gata**

The fundamental roots of all Budo may be contained in the Kihon Happpo according to the last living true Ninja, Toshitsugu Takamatsu. Soke Hatsumi emphasizes the importance of deeply learning these fundamental techniques as a foundation to our Ninjutsu practice. On this video Shihan Van Donk breaks all the pieces of every aspect into a step by step learning of each Kihon Happpo technique as no one else has yet done. The Torite Goho Gata is presented as an understanding of the Universal action of the Inner (Ura) and Outer (Omote). The Techniques covered are the Koshi Sanpo including Ichimonji No Kata, Hicho No Kata, and Jumonji No Kata and the Torite Goho Gata which includes Omote Gyaku, Omote Gyaku Ken Sabaki, Ura Gyaku, Ude Jime Ashi Ori (Musha Dori), and Ganseki Nage. This is such an important DVD to have in your learning library! Taught by Shihan Van Donk.

**1 hour DVD #DVD508 \$24.95**



## **SANSHIN NO KATA - Chi, Sui, Ka, Fu and Ku No Kata**

Elementary in nature and practical in application, the Sanshin no kata (three hearts methods) is the roots and core of the Bujinkan Ninjutsu training. The Sanshin comes from the 1,500 year old Kosshijutsu system of Gyokko Ryu. It has been practiced through the ages because the movements are fundamental to striking methods whether armed or unarmed. Learn each of the 5 kata as they are broken down piece by piece and step by step just as they were taught to Shihan Van Donk by Grandmaster Hatsumi in Japan. It is exciting to witness how each of these kata forms are used in combat. What's even more exciting is to see how they are the fundamental base for all longer range weapons, as is shown specifically on this recording. You will view the practicality and use of the Sanshin in a whole new light when you get this training. Taught by Shihan Van Donk and assisted by Shihan Balanon.

**1 hr DVD #DVD509 \$24.95**



## **POSTURE POWER - Kamae and their use in defense**

Now in one place on one video the primary postures from each of the 9 Ninjutsu schools are shown. Shihan Van Donk demonstrates each posture, teaches how to get in them, how to move from them, how to flow from posture to posture while learning their proper names and how to apply them in combat. Do you really know these postures and their Japanese names and how to use them? If not, here is your video. Postures (also known as Kamae) are the fundamental foundations to your martial arts ability and determine your ability to defend yourself. Proper positioning can be everything and knowing how to move in and from them may be even more important. There are 9 ryu (schools) in the Bujinkan Ninjutsu training and each school may offer different kamae (postures), often confusing even the best instructors. Practice posture to posture until you are very comfortable moving from one to the other with Posture Power. Shihan Van Donk is assisted by Shihan Ken Balanon and Shihan Joel Everett.

**1 hr DVD #DVD510 \$24.95**

# Master Richard Van Donk's Ninjutsu Made Easy Series DVDs



Enjoy the Ninjutsu Made Easy Series™! For many years we had numerous requests to make it simpler and easier to learn Ninjutsu. Students asked us all the time where they could learn just the Kamae (postures) and how they work or for a DVD just on the Sanshin no kata and Kihon Happo. They asked for more help on rolling or for a tape just on weapon postures and strikes. Of course we show all these things on the Black Belt Home Study Course, but they are divided up among the different levels, not in one place in succession. Soke Hatsumi doesn't teach basics anymore and many students just don't have access to a teacher nearby, so we listened, and convinced Shihan Van Donk to do a Ninjutsu Made Easy Series™ on the subjects you most asked for. Brand new footage goes more in-depth on these specific subjects than on the BlackBelt set to help students that really want to learn more. Now you can have more! These dvds were made for beginners and advanced students alike.

**This Entire Series is NOW ONLINE at**  
**[www.BushindoUniversity.com](http://www.BushindoUniversity.com)**



## **NINJA WEAPONS BASICS - VOL. 1**

Aspects, Postures and Strikes of the Hanbo, Tanto, Kusari Fundo, Shuriken, Teppan, Rokushakubo, & Naginata. Weapons are fun to train with! The Ninja used many weapons, both traditional and exotic so we share with you some of both. We start with the most commonly known Ninja weapons and share with you what they are, how they are used, postures to hold them in, and how to strike with them. This tape is made for you to practice along with and learn the correct weapon postures by name and then how to strike with them. Here is your opportunity to learn the aspects, postures and striking methods of 7 popular Ninja weapons that are used in Bujinkan Ninjutsu training. Until now there was nowhere you could get all this information in one place, especially on one reference video. Taught by Shihan Van Donk and Shihan Linda Van Donk.

**1 hour DVD #DVD511 \$24.95**



## **NINJA WEAPONS BASICS - VOL. 2**

Aspects, Postures and Strikes of the Sword, Jutte, Shuko, Kyoketsu Shoge, Yari, Gun & Kunai. With Vol. 2 you can add another 7 of the more popular Ninja weapons to your training arsenal. The Ninja used many weapons, both traditional and exotic so we share with you some of both. We start with the most commonly known Ninja weapons and share with you what they are, how they are used, postures to hold them in, and how to strike with them. This tape is made for you to practice along with and learn the correct weapon postures by name and then how to strike with them. Until now there was nowhere you could get all this information in one place especially on one reference video. Taught by Shihan Van Donk and Shihan Linda Van Donk.

**1 hour DVD #DVD512 \$24.95**



## **ROLLING - Making the Ground your friend**

Smooth out the bumps and bruises. Learn how to make the ground your friend and make every roll much easier and effective. The ground is our friend because it tells us where we need to improve our relationship to it. Rolls may seem soft on a nice padded mat but in the real world made of asphalt and cement it hurts if you are not rolling effectively and that's where someone is going to attack you, right? On this video we explore the basic rolls used in Ninjutsu and break them down for you in an easy to learn fashion. Shihan Van Donk asked the assistance of Shihan Ken Balanon and Shihan Joel Everett to help teach you the art of rolling. Get rolling and get this great instructional tape.

**1 hr DVD #DVD513 \$24.95**

# Master Richard Van Donk's Mastering Ninjutsu Series DVDs



**ONLY**  
**\$24<sup>95</sup>**  
EACH

**Award Winning!!**



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**Getting it done fast, quick and powerfully.**

Cut to the chase and learn master level BlackBelt skills that are so totally devastating and so damaging they should only be used against a bigger, faster, or more powerful adversary than yourself. When applied these techniques can break bones, rip apart muscles, dislocate bones, smash faces, and destroy an attacker with a single blow whether they are unarmed or armed. This is rock and roll Ninjutsu with hundreds of different approaches to get it done quickly. Defenses against pushes, grabs, punches, kicks, sticks and knives.

Unsolicited testimonials say "Awesome, the best". The World Head of Family Sokeship Council awarded this video as the Top International Video of 1999.

**1hr DVD #DVD400 \$24.95**

## KUSARI FUNDO (Short weighted chain) Beginner Vol 1

The Kusari Fundo is one of the most versatile weapons ever designed by man. It is fast, quick and very deadly even from concealed places. Be extremely careful with a real one as bone will shatter in an instant. In this video you will learn how to handle a kusari, do various strikes with it, grapple, choke or simply tie up your opponent. Also learn bone attacks, pressure points and even defenses against knife attackers plus a short live demonstration of its possibilities.



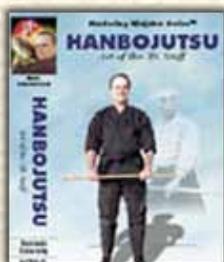
**1Hr DVD #DVD303 \$24.95**

## KUSARI FUNDO (Short weighted chain) Advanced Vol 2

Devastating! Brutal and most effective use of the kusari fundo ever offered to the general public. Shihan Van Donk was told by Soke Hatsumi to teach this weapon to the U.S. Watch this video and find out why. He is fast, quick and very deadly. This tape is more demonstration than instruction because of the speed in which the taijutsu (body movement) is done. You will have to watch it several times to catch it all. Strike, grapple, throw and choke then hit them as you leave.



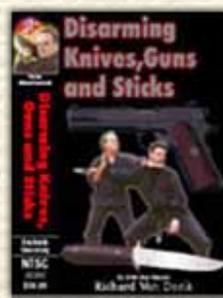
**1Hr DVD #DVD307 \$24.95**



## HANBO JUTSU (3 ft staff)

Learn everything you've ever wanted to know about hanbo from the history of this 3ft wooden staff to its concepts of use, plus several postures, how to hold it effectively, and striking drills using one hand and two hands from each of the natural postures (stances). Defense tactics are taught for many types of attackers whether they grab, punch, kick or use a knife. This tape will teach you how to grapple, disarm, choke or throw your attacker even if they grab onto your weapon. Step by step explanation.

**1hr 45min #DVD301 \$24.95**



## DISARMING KNIVES / GUNS/ STICKS

Are you ready to defend yourself against a knife, stick or gun wielding attacker? Dynamic instructional DVD by Ninjutsu Shihan and Eskrima Master Richard Van Donk teaches and demonstrates the art of disarming weapons plus the philosophy, principles, & techniques that could save your life as it has done for others. This video includes actual seminar training footage of hundreds of step by step techniques as well as important concepts for defending against weapons. Great for martial artists of all disciplines.

**2 hours DVD #DVD302 \$24.95**

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## 1<sup>st</sup> DAN Course Manuals



### SHODAN IBDA TRAINING COURSE 3 MANUALS

IBDA official 1st Dan manuals contains a complete overview of the Ninjutsu systems as taught by Shihan Van Donk as well as a step by step description of several hundred techniques from beginner to BlackBelt including Japanese names. Rewritten and expanded Jan 2012.

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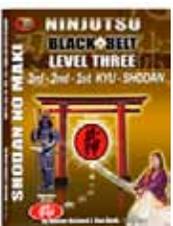
#BK-ShodanBkOne \$34.95



### SHODAN IBDA TRAINING COURSE MANUAL - LEVEL TWO

Official IBDA Ninjutsu Shodan No Maki used by Bujinkan students and instructors worldwide. Manual covers 6th Kyu, 5th Kyu, and 4th kyu Ninjutsu techniques and principles explained in details and step-by-step how to photos.

#BK-ShodanBkTwo \$34.95

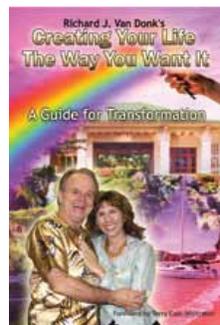


### SHODAN IBDA TRAINING COURSE MANUAL - LEVEL THREE

Official IBDA Ninjutsu Shodan No Maki used by Bujinkan students and instructors worldwide. Manual covers 3rd Kyu, 2nd Kyu, and 1st Kyu and Shodan Ninjutsu techniques and principles explained in details and step-by-step how to photos.

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## Van Donk Books



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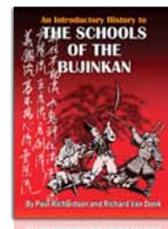
**A Guide for Personal Transformation  
by R. J. Van Donk**

Put your life in its proper perspective. Gain more personal power and create your life the way you have always dreamed it. Power packed guide to total living. Learn meditation, goal setting, taking charge of your life and your own mind. This book has transformed the lives of many thousands. Is yours next? "Appropriately titled 'a Guide for Transformation'. It does everything it promises to do." West Coast Review of Books.

**English Language Version #BK101B \$19.95**  
**Spanish Language Version #BK101S \$14.95**

### AN INTRODUCTORY HISTORY OF THE SCHOOLS OF THE BUJINKAN

by Paul Richardson  
with Richard J. Van Donk



These history stories will keep you up all night! This is the most complete information compiled in one book (100+ pages) on the history of the 9 Bujinkan school lineages. Every Ryu's history and aspects of each lineage are explained the best we can compile about it. There are 10 pages on the life and teachings of the late great Takamatsu Sensei and 5 pages on Hatsumi-Sensei. A must for every Budo library. #BK107 Only \$29.95

## Van Donk Audios



### JAPANESE PRONUNCIATIONS OF NINJUTSU TERMS

by Shihan Linda Van Donk

No longer be embarrassed to refer to technique names in Japanese. You can quickly learn to sound like an expert in the dojo. Pop in the CD and repeat the phrases or words one by one as you're taught them.

All common dojo phrases and the entire Shodan BlackBelt student training guide of Japanese training terms are covered. A must for any serious, beginning or advanced student. Approx.. 45 min.

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- Tanto - short knife
- Kusari Fundo - short chain with metal ends
- Shuriken- throwing stars
- Teppan - iron plate
- Rokushaku Bo - 6 foot staff
- Naginata - long staff with a blade on the end
- Jutte - defensive iron tool
- Shuko - hand claws
- Kyoketsu Shoge
- Yari - spear
- Hand Gun
- Kunai - digging tool



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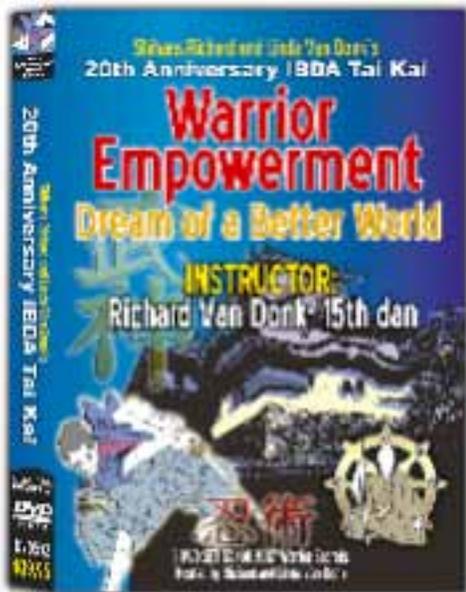


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# IBDA TAI KAI DVDS



The 20th Anniversary IBDA Ninjutsu Tai Kai was awesome and over the top in many ways. The teaching was great as Shihan Van Donk had several other high level Shihan join him in sharing their knowledge. Every session was jam packed with very interesting Ninjutsu teachings filled with jewels of information not easily found elsewhere – hey, this was the Ninjutsu Warrior’s Secrets Tai Kai after all! We filmed sessions that we knew would be special, like Shihan Richardson’s Keys to Understanding the 9 Ryus, a session on Old vs New Body Armor, Beach Training with Shihan Ordoins and Shihan Everett, Power Drawing by Shihan Dille, Sword of No Mind and Warrior Empowerment Session by Shihan Van Donk. It was all so good that we filmed 18 hours of footage!!! We have included all of the most valuable footage in the entire Tai Kai 07 Dvd Set and we have made individual dvd’s on the most requested teachings.

**Entire Tai Kai 8 Dvds #TAIKAI07 Only \$129-  
ONLY \$16- Each!!**

## Warrior Secrets Tai Kai March 2007

- |                                                                       |         |         |
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| 6. GETTING OUT OF TOUGH SITUATIONS - Kihon Happo                      | #DVD555 | \$24.95 |
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# BEST SELLERS

## SHODAN NO MAKI 1st DEGREE BLACKBELT



### Official IBDA Bujinkan Ninjutsu Training Manuals- Three Levels

It is no wonder that this is our #1 purchased product. These manuals are used by Bujinkan instructors around the globe as their official teaching manual. In Jan 2012 we completely revised it with new graphics and new information. Now in THREE easy to use study manuals, this Ninjutsu Shodan No Maki is the most comprehensive Bujinkan study work anywhere. It contains a complete overview of the Ninjutsu systems as taught by Shihan Van Donk and is the official 1st Dan manual of the International Bujinkan Dojo Association. These manuals detail step-by-step descriptions of several hundred techniques from beginner to BlackBelt level including the Japanese names for every technique. Here is a brief sample of what you get:

- \* Brief history of the 9 schools,
- \* Takamatsu Sensei Section
- \* Soke Hatsumi Section
- \* Shihan Van Donk Section
- \* Meditations - Life Philosophy
- \* Kamae Pictures and Weapons Postures
- \* 9th kyu to Shodan step by step Several Hundred Techniques
- \* Pressure point charts
- \* Weapons Pictures
- \* Ninja Glossary
- \* Plus much, much more.



**These are the most comprehensive manuals  
on Ninjutsu studies available anywhere.**  
Learn your techniques correctly! #BK-Shodan3Bks \$94.95

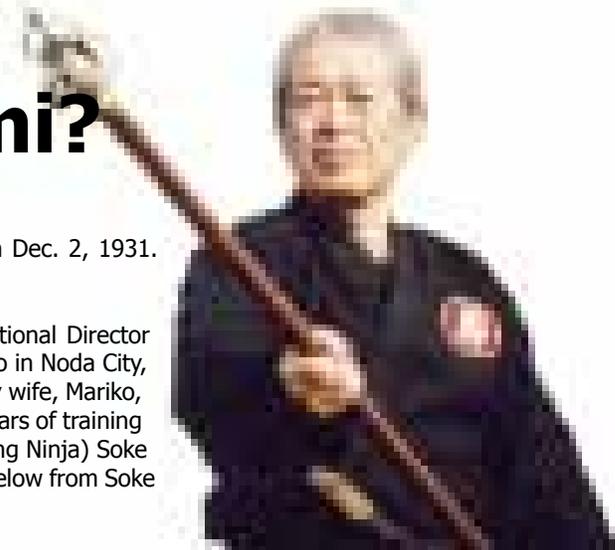
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"Taking you from Beginner to Master Teacher!"

# Who is Soke Masaaki Hatsumi?



## 初見良昭 武神館

Dr. Masaaki Hatsumi was born in Noda, Japan on Dec. 2, 1931.  
Warrior names: Yoshikai, Tetzusan, Hisamune.

Started martial arts at about age 7.

Grandmaster Hatsumi is the founder and International Director of the Bujinkan Dojo with its Hombu Bujinden Dojo in Noda City, Chiba Prefecture, Japan. He is married to his lovely wife, Mariko, a very famous Japanese dance teacher. After 15 years of training with Toshitsugu Takamatsu Soke (the last true living Ninja) Soke Hatsumi inherited the 9 Ninjutsu traditions listed below from Soke Takamatsu two years before his passing in 1972.

Soke Hatsumi has mastered many martial art systems including ancient Kobudo warrior true fighting arts. His combined form of martial arts is now formally called Budo Taijutsu and the name of his system name is Bujinkan. Soke Hatsumi graduated from Meiji University in Tokyo with a major in theater studies, and osteopathic

medicine (bone doctor). Soon after graduation he opened a bone clinic in his home town and his practice continued on a steady basis until about 1990 when his travel and movie schedule took over all his time.

Grandmaster Hatsumi is the author of over a dozen books and 50+ video tapes on the art of Ninjutsu. He has been featured in almost every magazine relating to this subject in Japan and throughout the entire world. He has authored countless magazine and newspaper articles on Ninjutsu and on living a productive life. He wrote, directed and acted in 50 episodes of a television series called Jiraya which quickly became the number one children's program in Japan. He is now what is called a historiographer of martial arts for various plays and movies, acting as a consultant to ensure that what is being portrayed is done correctly based on true history. He is a past President of the Writer's Guild of Japan. He is sought out as a speaker and television personality in Japan and is an accomplished musician and singer who plays guitar and ukulele (for several years he played night clubs in an Hawaiian band as a singer and musician). The walls of his 3-story brick home display an elaborate collection of signed photos from presidents and leaders from many countries around the world, along with awards, certificates, and honorary degrees from some of the most elite organizations in the world. Among them are Honorary Doctorate degrees from the USA in Human Sciences and Philosophy, Honorary Texas Ranger, a Title of Knighthood from Germany, Black Belt Magazine's Instructor of the Year, and Honorable Citizenship from the state of Texas, cities of Los Angeles, California; Atlanta, Georgia; Dublin, Ireland; etc.... The list grew longer every year as he traveled around the world teaching at international Tai Kai events hosted by senior Bujinkan students in their countries. Soke Hatsumi has been awarded Japan's highest honor by the Japanese Emperor, the Cultural Award, for his worldwide martial art contributions. Students now travel from around the world to learn from him at his Bujinden dojo in Noda city, Japan.

## Hatsumi's 9 Inherited NINJUTSU Traditions:

- |                                     |            |                       |
|-------------------------------------|------------|-----------------------|
| 1. TOGAKURE RYU NINJUTSU            | 戸隠流忍法体術    | 34 <sup>TH</sup> SOKE |
| 2. GYOKKO RYU KOSHIJUTSU            | 玉虎流骨指術     | 28 <sup>TH</sup> SOKE |
| 3. KOTO RYU KOPPOJUTSU              | 虎倒流骨法術     | 18 <sup>TH</sup> SOKE |
| 4. TAKAGIYOSHIN RYU JUTAIJUTSU      | 高木揚心流柔体術   | 17 <sup>TH</sup> SOKE |
| 5. SHINDEN FUDO RYU DAKENTAIJUTSU   | 神伝不動流打拳体術  | 26 <sup>TH</sup> SOKE |
| 6. GIKAN RYU KOPPOJUTSU             | 義鑑流骨法術     | 15 <sup>TH</sup> SOKE |
| 7. KUMOGAKURE RYU NINPO             | 雲隠流忍法      | 14 <sup>TH</sup> SOKE |
| 8. GYOKUSHIN RYO NINPO              | 玉心流忍法      | 21 <sup>ST</sup> SOKE |
| 9. KUKISHINDEN RYU HAPPO HIKENJUTSU | 九鬼神伝流八法秘剣術 | 28 <sup>TH</sup> SOKE |

More information online at the [www.Ninjutsu.com](http://www.Ninjutsu.com) Ninja Vault



# Soke Masaaki Hatsumi's USA Tai kai DVDs

**Tai Kai Training gives you the best of  
Soke Hatsumi for the best dollar value!**



## 1989 SAN FRANCISCO TAI KAI - TAIJUTSU & WEAPONS

Learn how to use your legs in Taijutsu. Weapons training in sword shown from tying the belt to postures, drawing styles and cutting plus Takagi Yoshin Ryu Taijutsu Ichimonji and Hicho postures. Demos from Shidoshis. Shihans Nagato, Oguri, Kan, Navon join Hatsumi Sensei. Japanese dancing by Mrs. Hatsumi with sword play done in the middle of performance. **2 hrs \$24.95**

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## 1988 LOS ANGELES TAI KAI

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**Online Version Only at [www.BushindoUniversity.com](http://www.BushindoUniversity.com)**



## 1991 TEXAS TAI KAI - SWORD & JUTTE

Talk about fun! You have got to see Soke in a cowboy hat an boots singing Bessame mucho! Master your taijutsu as Sok Hatsumi uses the Jutte to teach body movement and thinkin ahead naturally in your movements. Kenjutsu (sword) is als taught as well as the Jutte under-over-sideways-down. Jutte vs the knife, 6ft Bo and Yari. Secret untaught Yari techniques (nc in Sensei's books). Mrs. Mariko Hatsumi performs her level Japanese dancing. Hosted by Richard Van Donk and Ed Sone! Happy Trails! **Over 2 hours - 2 DVD SET \$39.95**

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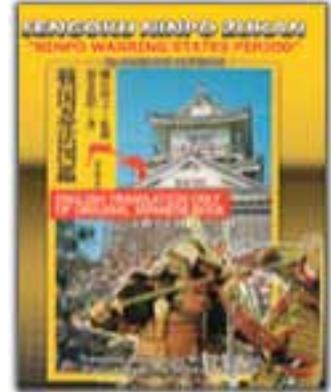
# Soke Hatsumi's Japanese Book Translations



## TOGAKURE RYU NINPO TAIJUTSU

Ten, Chi, Jin Ryaku No Maki. Book of Heaven, Earth, and Human strategies. This is the most profound work ever compiled on Ninpo Taijutsu. Created as an instructor's manual by Soke Hatsumi, the roots and core of all Bujinkan training is outlined in this masterful work. The original hardback has been out of print for almost 20 years. We worked hard to get you a professional translation into English so that you could train with this one of a kind instructor's manual. For those who read Japanese, the book was left intact and the translated English text has been integrated onto every page with the complete original Japanese book and then professionally printed on 8 x 11" paper with a nice 4 color cover.

**Over 1,000 photos on 289 pages #TR-101 \$ 49.95**



## SENGOKU NINPO ZUKAN

**Translation (Green book- Very Rare)**

Soke Hatsumi's first book, done in 1978. A professional English translation of 107 typed pages interlaced with Japanese Kanji without the photos is offered here. Very, very interesting information on the history of Togakure Ryu, obscure weapons and the warring states of Japan. Great Book!.

**#TR-103 \$39.95**

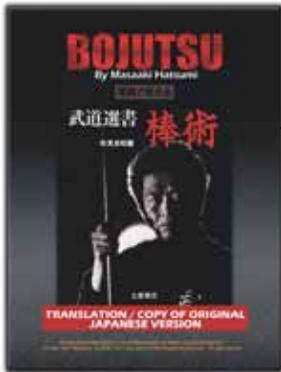
## NINJA SUBMISSION Translation

Grappling, Kihon Happo, and much more. This is an English Translation included with a photocopy of the book. The original book is now out of print and will not be published again. **#TR-106 \$24.95**



## BOJUTSU Translation

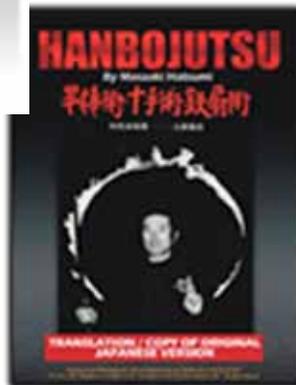
English Translation with a photocopy of most of Soke's now OUT OF PRINT Japanese book on Bojutsu. Learn postures, techniques and waza combinations from Soke Hatsumi. The original book is now out of print and will not be published again. **#TR-107 \$29.95**



## HANBOJUTSU Translation

English Translation with a photocopy of most all of Soke's now OUT OF PRINT Japanese book on hanbo/sword. Learn postures, techniques and waza combinations from Soke Hatsumi. The original book is out of print and will not be published again.

**#TR-108 \$29.95**



## SOJUTSU- Art of the Yari Translation

English translation of Soke's OUT OF PRINT Japanese black Sojutsu book. A very detailed work done with much research. Soke uses a lot of kyojutsu (play on words) in teaching the higher aspects of this Kukishinden Yari waza manual.

**#TR-104 \$24.95**



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Bonus DVDs

[www.NinjaDojo.com](http://www.NinjaDojo.com)



**Grandmaster Richard Van Donk**



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# DYNAMIC DeCUERDAS ESKRIMA



"Based on the teachings of the late Grandmaster Tenio"

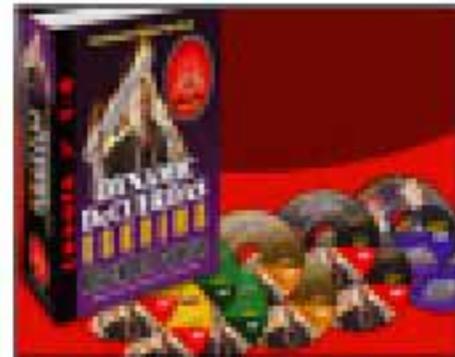
BlackBelt Course • Instructors/Dojos • Rank Testing • GM Richard Van Doek • GM Gilbert Tenio • Movieclips



Become an Instructor In One of The Most Effective Blade & Stick Fighting Systems in the World.

I promised my late teacher Grand Master Gilbert Tenio that I would not let his DeCuerdas art die. And I haven't. I am looking for 7 dedicated Guro instructors to carry on this art. I already have three (had four one died) and 2 are getting close. Will the next one be you?

[Learn how to be an instructor](#)



A Complete Learning System has been created for you.

I have to tell you that you will have to train hard to get your Black Belt with us - but when you do you will be skilled and confident with knives and sticks which is much more important than rank, isn't it? And who wants a fake Black Belt certificate anyway? What good will a piece of paper do you if you don't have the skill to back it up?

[Learn more about the course](#)



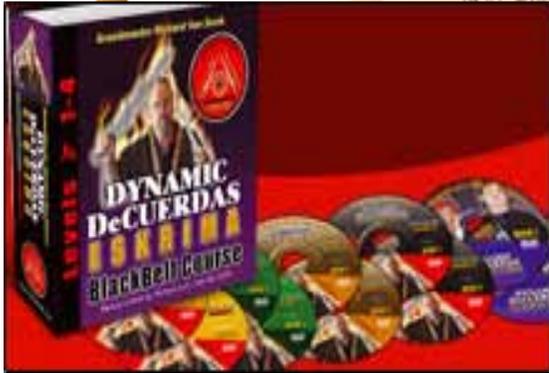
What is in your DYNAMIC DeCUERDAS ESKRIMA distant learning course

This DeCuerdas Eskrima Home Study Course material now includes:

- TEN DVDs
- DeCuerdas BlackBelt 450 page training manual.
- Embroidered uniform patch
- Bushindo student registration

[Learn more about what's inside](#)

# GrandMaster Richard Van Donk's DeCuerdas Eskrima Course



## Eskrima BlackBelt Home Study Course

DeCuerdas Eskrima is one of the deadliest close-in blade fighting systems in the world. The true system was kept secret and handed down family to family. The late Grandmaster Tenio openly taught a mixture of 19 Eskrima systems, keeping the core of the teachings secret. Tenio passed down these true teachings to Master Richard Van Donk who is now revealing them in a step by step, level by level teaching format that is both direct how-to instruction plus shown in a dojo setting with students practicing the art of DeCuerdas Eskrima. A comprehensive 355 page manual is being written to supplement the dvds. **Get started now!**

Go to [www.DeCuerdasEskrima.com](http://www.DeCuerdasEskrima.com) for more details.

Buy the entire Eskrima 10 DVD Set and get a \$550 VALUE for only \$379 #DVD410 \$379-



## DYNAMIC DeCUERDAS ESKRIMA - LEVELS 1-4

### LEVEL ONE - Yellow Belt 2 DVD SET



**DISK 1** - Intro to Eskrima, Weapons we train with explained, Energizing warm ups, Ready, Attention, Fighting and Salute Positions, How to hold the weapons, Secondary defenses, Twirling the stick, Striking and cutting styles and Basic strikes #1-5.

**DISK 2** - 9 Angles of Attack, 5 Distances, House Blocking System and drills, Punching Styles, Passing, V-Movement Patterns and in class teachings. Philosophy.

2 DVD Set 2hrs #DVD401 \$79.95

### LEVEL TWO - Green Belt 2 DVD SET



**DISK 1**- Serrada stick strikes #6-#12, Long arc strikes, Using Arko (twirl of the stick, Abaniko strikes #1 -3, Single stick versus single stick inside & outside basics, Single stick #1-12 freestyle alternating strikes and blocking, Body Strikes-Palms, and much more.

**DISK 2**- DeCuerdas kicks, Empty hand sensitivity drills, Covering-Tappon & Sacuppo, Knife and Stick Passing, Using Body Defense Levels #1-5, Hand Blocking, DeCuerdas multi-hand flow drills, Single stick empty hand disarms of strikes #1 -#5

2 DVDs 2hrs #DVD402 \$79.95

### LEVEL THREE - Brown Belt 2 DVD SET



**DISK 1**- Falling Skills, Joint Locking, basic throws and takedowns, Single stick grappling, locks & takedowns, Return Flow-Checking, Stopping Strikes, Double stick blocking, Double Stick Striking.

**DISK 2**- Short Arc Strikes, Long Blade Strikes, Pictos, Oraves-Single Blade, Knife Flow Drill, Single Stick vs. Single Stick Disarms, Single Stick vs. Single Stick Long Range Sparring Drills, Abaniko Defenses, Perfecting Your Practice.

2 DVDs 2hrs #DVD403 \$79.95

### LEVEL FOUR - Black Belt 2 DVD SET



**DISK 1**- Double Stick Principles, Double 6-12 Blocking, Espada y Dagma, Pictos- Double Trouble, Peck Peck Power, Oraves- Double Blade, Fighting from the ground, Long Staff Basic Strikes, Long Staff Defense Drill, Abaniko Fight Finishes.

**DISK 2**- Dagma Basics, Defenses & Disarms, Dagma Hand Dynamics, Jailing / Trapping, Disarm Flow Drill, Espada y Dagma Drill, DeCuerdas Cord Basics, Pattern Flow Drill, Pass, Trap, Hit, Teaching Tip, Grounding Yourself, BlackBelt Test & Award Ceremony.

2 DVDs 2hrs #DVD404 \$79.95



# Grandmaster Richard Van Donk's DeCuerdas Eskrima Course

## DeCUERDAS ESKRIMA Tenio SEMINAR



**"Grandmaster Tenio" and Master Richard Van Donk**

**Exciting Action!** Striking, blocking, and cutting systems are covered in detail with one & two sticks (blade). Learn to disarm knife attacks and handle multiple attackers. The true system was kept secret and handed down family to family. This is the only video of DeCuerdas Eskrima available anywhere. Filmed at a live seminar taught by Grandmaster Gilbert Tenio and Master Richard Van Donk. The late Grandmaster Tenio studied martial arts for 69 years under 19 different Eskrima masters. He was a teacher to Bruce Lee, Chuck Norris, Danny Inosanto, Wally Jay, Rich Van Donk and many more. **Included in the DeCuerdas Home Study Course. TWO DVDS!**

**2 DVDs 2hrs #DVD408 \$59.95**



## Eskrima BlackBelt Course Buddy Plan

Having a steady training buddy is the fastest way to grow in the martial arts get a Buddy and start training. Learn more at <http://www.DeCuerdasEskrima.com>

**Eskrima Buddy Start-up Package #EBP150 \$150**



## DeCUERDAS ESKRIMA DOJO UNIFORM

Train in style with the Official Dynamic DeCuerdas Uniform. We already sewed the patch on for you! No sewing! High Quality Pro Force Black and Red Custom Pattern with the above DeCuerdas Patch already sewn on the back.

**Available in full Sizes: 3-7**

<b>#GI-BR</b>	Sizes 3-4-5	<b>\$71.95</b>
	Size 6	<b>\$74.95</b>
	Size 7	<b>\$81.95</b>

## DeCUERDAS ESKRIMA DOJO T-SHIRTS

High Quality Black 100% pre-shrunk cotton collared Sport Shirts with the bladed Dynamic DeCuerdas Eskrima logo in white on the front pocket area. **Available Sizes:** Med, L, X-L, XX-L

**Sport Shirt #TS401 \$24.95**



## DYNAMIC DeCUERDAS ESKRIMA™ UNIFORM CIRCLE PATCH

This large 6 patch is beautiful as it is embroidered in Metallic Gold lettering, spiral and Metallic Silver swords on a deep red background and outlined in Black trim. Also looks great on jackets or bags. **#PA-08 \$11**

BUSHINDO MARTIAL ARTS UNIVERSITY

# ENLIGHTENED WARRIOR™ TRAINING

PRESENTS

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# Bushindo Sword Course

## GrandMaster Richard Van Donk

**Get the Sword Secrets I learned from 3 great Masters in 14% of the time and only 1% of the cost!**



**These little known Sword Master Secrets will take you to proficiency fast...**

### **Learn all this!:**

- Formal traditional sword –informal non-traditional sword and Unified sword
- Core Lessons from Master Teachers: Tenio, Hatsumi, Machida, Van Donk
- Enlightened Warrior™ teachings – Musashi Mind set – Center - Breath
- Sword etiquette – Bowing in with and to a sword – Sword Placement
- How to hold the sword - moving the blade in your hands
- Sword into Obi – drawing and cutting methods – return methods
- Sword postures – Moving and cutting from Kamae
- The presence of sword master in battle
- Bokken training (holding – cutting, parry, blocking)
- Power of the Samurai Blade in action
- Master level taijutsu and unarmed against a sword
- Sword vs sword practice, drills, methods and fighting skills
- Winning without drawing
- Wazas- sitting and standing
- Rank certification Opportunity
- PLUS group coaching and MUCH, MUCH, MUCH MORE!!**

**Several Course Level Options and Payment Plans - Plus a FREE Sword Basics Course!**





## “EMPOWERED LIVING SYSTEM”

Richard deeply started early on the spiritual path at age 16 looking for one complete life living system..... a system that one could live all the principles and have the most awesome life possible. That took him on a vast search all over the globe studying with many masters in the fields of Body-Mind-Spirit to mastery level in them.

GrandMaster Richard Van Donk has now integrated all his budo Martial Arts (Ninjutsu, Budo Taijutsu, DeCuerdas Eskrima, Bushindo Sword), Personal Empowerment Training, Spiritual Awakening Methods, and Optimal Life Teachings teachings into his one complete Empower Yourself system. The Bushindo Empowered Living System utilizes the best of all these teachings of ancient, modern and futuristic.

### **COURSE ATTRIBUTES**

**BE A FREE EMPOWERED BEING \* REALIZE THAT THERE IS A MASTER INSIDE YOU**

**SOURCING LIFE \* BE VIBRANTLY HEALTHY \* EXPAND YOUR CONSCIOUSNESS**

**LOVING RELATIONSHIPS \* KNOW YOUR TRUE POWER \* AWAKENED MIND \* INTEGRATED BEING**

The ultimate goal of Bushindo’s Teachings is for you to own yourself fully, to empower yourself mentally, physically, spiritually and emotionally. Then become a fully integrated human being living to the ultimate of your capacity manifesting in every way the lifestyle you choose to live. A master of your life.



**[www.BushindoUniversity.com](http://www.BushindoUniversity.com)**



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# **ONLINE UNIVERSITY**

**“Empower Yourself to Live the Optimal Life”**

We are so excited about our evergrowing **ONLINE** University. **Now students can study from Anywhere at Anytime!** It has allowed us to add more material to our existing binders courses or add a few more clips to existing DVD study anytime we want. All the courses have the ability to comment under every post!! This is awesome as the training becomes much more interactive.



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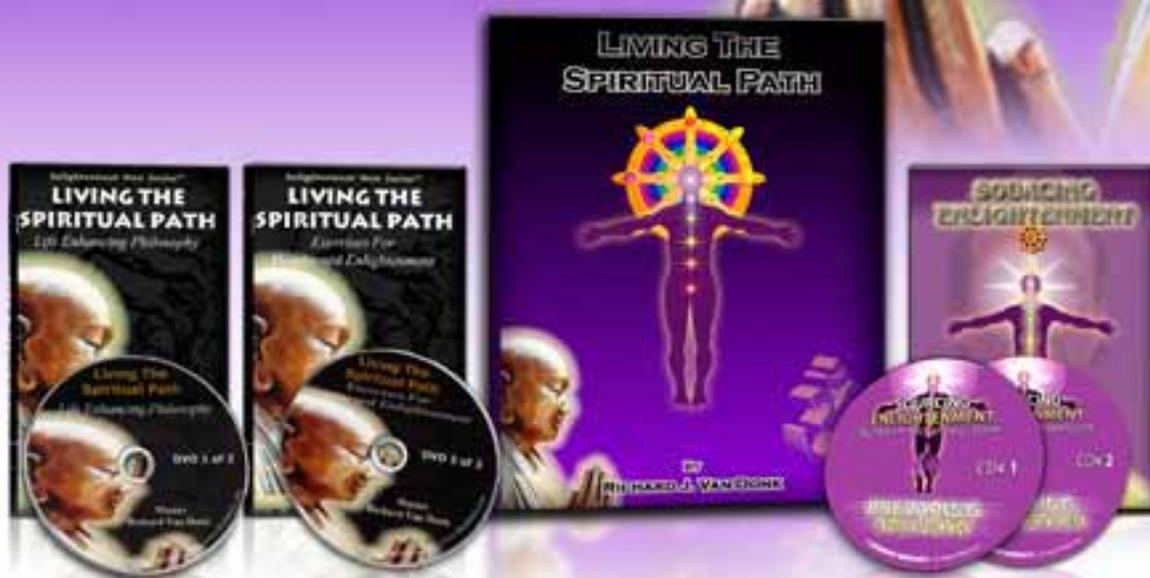
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"Sacred Secrets of Reaching States  
of Enlightenment Revealed"

# Living the Spiritual Path

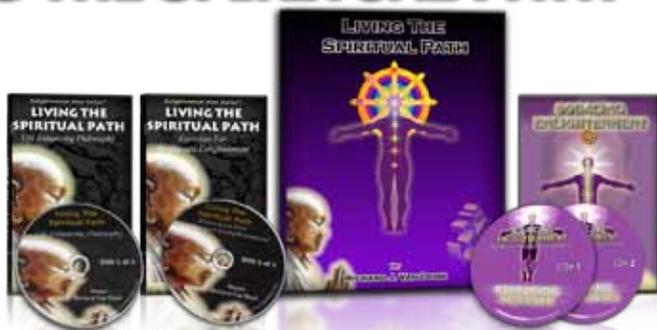
Learn for yourself the secrets that these people, places,  
and experiences have taught him in this concise course.



- Know Inner Peace Anytime you want
- Eliminate Stress
- Enhance concentration
- Integrate Body, Mind and Spirit
- Increase Mind Powers
- Experience the Quickening
- Awaken to your highest potential

<http://spiritualpath.ninjutsu.com/>

# Richard Van Donk's "LIVING THE SPIRITUAL PATH" COURSE



## Sacred Secrets Now Revealed

Know peace, truth, consciousness, joy and God Realization for yourself. Awaken to your optimal human experience. Begin with your next conscious breath and never lose awareness of it. Master Van Donk has traveled the world on a spiritual quest. He has walked the path Christ carried the cross, sat under the Bodhi tree where Buddha obtained enlightenment, climbed the Pyramids in Egypt, chanted with Monks in Japan in Mikkyo temples, meditated with the Dalai Lama, lived in an ashram in India, learned some Kuji Kiri from Grandmaster Hatsumi, and sweated in healing ceremonies with Native American Shamans. Learn for yourself the secrets that these people and experiences have taught him. Liberate yourself with this daily practice.

## SOURCING ENLIGHTENMENT EMPOWERMENT PROCESS Includes study manual, 2 training dvds and 2 empowerment cds.

### 1. "LIVING THE SPIRITUAL PATH" COURSE MANUAL

Obtain heightened enlightenment through increased awareness and practice basic and advanced meditation processes usually only revealed to a chosen few in sacred initiations. 20 years and 250,000 miles of research is packed into a step-by-step guide on how to personally obtain heightened self awareness. Learn to meditate, open your chakras, activate your energy system, tune into God, direct your mind and experience the enlightening Quickening Process! The book complements and adds to the video set, detailing the exercises demonstrated and much more.

**114 Pages Manual**

**2. PREPARING THE PATH CD #1** - How to reach Enlightened states of consciousness through sacred ancient Empowerments is revealed here to the general public for the first time! Meditation instructors say this process is most incredible and takes them to new heights never achieved before. 25 years of research is rolled into this very powerful self initiation process.

**46 minute CD**

**3. SOURCING MEDITATION CD #2** - Know peace, truth, consciousness and God Realization for yourself. Awaken your optimal human experience. This is a very powerful guided enlightenment process for beginners and advanced meditation practitioners. Journey deep inside, activate an enlightened state, open your energy systems and merge with the divine source of all creation. Awaken yourself!

**46 minute CD**

### 4. "LIFE ENHANCING PHILOSOPHY" DVD #1

From ancient wisdom to modern ways Richard shares what it is like to live the spiritual path and how to obtain life's wisdom and personal enhancement for yourself. Life's toughest battles usually occur between our own two ears and the true goal of a martial artist is to transcend all conflict within and without. Enrich your life experience and enhance your ability to live a fulfilled and wholesome life. Break free of your mental conditioning and travel the spiritual path to new dimensions.

**1 hour DVD**

### 5. "EXERCISES FOR HEIGHTENED ENLIGHTENMENT" DVD #2

Obtain enlightenment, eliminate stress, enhance concentration, and integrate your body, mind and spirit with these proven methods for raising your body's energy. Immerse yourself in spirit, obtain deep relaxation /meditation and/ or transcend into higher aspects of God. Nowhere else in the world are the best of the best methods of great masters and sages from around the globe waiting for you to personally practice.

**Approx. 2 hour DVD**

## "LIVING THE SPIRITUAL PATH" Course Package

Get the **ENTIRE Course** as described above including the LSP Course Manual, 2 DVDs, and 2 Sourcing Enlightenment Meditation CD's - **#AB306 \$127.00**



# Kuji, Mikkyo, Meditation

## Home Study Mikkyo Courses created by SATI Co.

Written by Jisho Richard Sears, Tendai Priest

### INTRO TO TENDAI

TENDAI is said to be the fountainhead of Japanese Buddhism and contained within it are the esoteric teachings of Mikkyo. Learn the history and practices of this famous school of Buddhist teachings brought by Saicho to Japan from Mt. TenTai in China.

It is filled with knowledge, philosophy, history of famous leaders and practices to take you to the peace and the enlightenment you seek. Manual is 82 pages long and includes a Meditation and Vocabulary CD!!

**SATI Course SC# 112 \$34.95**



### TENDAI – The Daily Practice Manual (English Translation)

This is a complete english translation of the Tendai Daily Practice, complete with the Japanese text. Normally only given to those receiving ordination, it includes preliminary practices, the Heart Sutra, The Sutra of Amitabha, and the vows of Dengyo Daishi.

This 53 page Practice Manual includes a cd with pronunciations of all the chants.

**SATI Course SC# 110 \$34.95**

### MIKKYO: GOMA FIRE RITUAL DVD

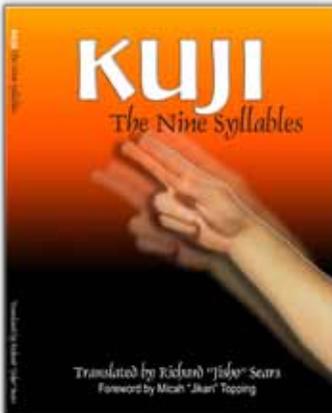
The holy fire purification ritual of the Shingon Mikkyo tradition of Esoteric Buddhism is performed directly for you to personally receive the Fudo Myo initiation and purification process! Master Richard Van Donk received rare permission from his Japan Mikkyo teacher Kensensai Machida to make this movie of the ritual of Fudo Myo so you could experience true Mikkyo teachings for yourself. By receiving this empowerment you can better decide if Mikkyo is a path you wish to study further. The ritual is filmed up close showing the entire ritual in detail, revealing all of the chants, kuji-in (hand weaving) and ritual practices by Mikkyo Priest Takeshi Machida.

**45 minutes #DVD800 \$29.95**

# Kuji, Mikkyo, Meditation

## Home Study Mikkyo Courses created by SATI Co.

Written by Jisho Richard Sears, Tendai Priest

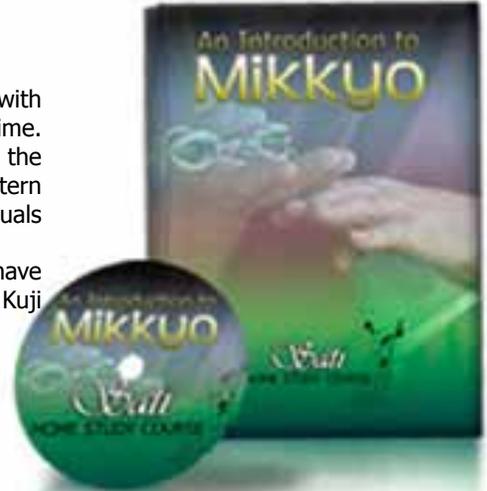


### KUJI: The Nine Syllables

(English Translation with Japanese text)

You'll be drawing the Kuji grid, empowering yourself with the secret nine hands Kuji-kiri positions in a short time. You'll be chanting the sacred five mantras and doing the mudras of the Go-Shin-Bo. For the first time in a western language two different prominent Japanese Kuji manuals have been translated in their entirety into English. All of the original Japanese characters and drawings have been reproduced. Much mystery has surrounded the Kuji and now you can own two of the original Japanese sources yourself.

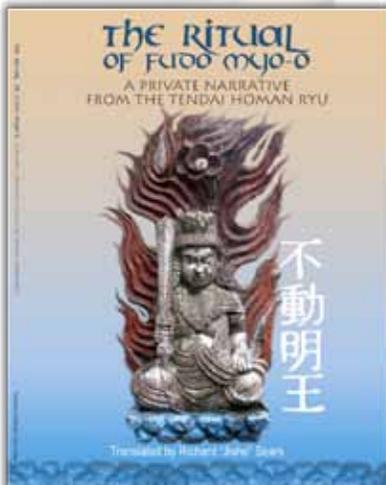
**75 pages SATI Course SC# 109 \$29.95**



### MIKKYO An Introduction to: Home Study Course

This course forms the foundation for the study of Mikkyo, the "secret teachings" of Japanese Vajrayana Buddhism. The history and theories of Buddhism are studied, as well as an overview of the theories, rituals, tools and practices of Mikkyo. This six week course includes a 99 page workbook, weekly meditation exercises, quizzes, a final exam, a cd with meditation exercises and vocabulary pronunciations, and a completion certificate from SATI. (Suggested prerequisite: Course SC#111)

**SATI Course SC# 113 \$34.95**



### RITUAL OF FUDO MYO

Includes 65 illustrations of the once secret mudra hand positions.

A private narrative from the Tendai Mikkyo Homan School on Mt. Hiei in Japan for the ritual of attaining Fudo-Shin "immovable mind." The ritual of Fudo Myo is to be chanted while practicing the mudra hand positions. Deepen your Mikkyo or kuji-in studies with this rare work.

**SATI Course SC# 121 \$29.95**

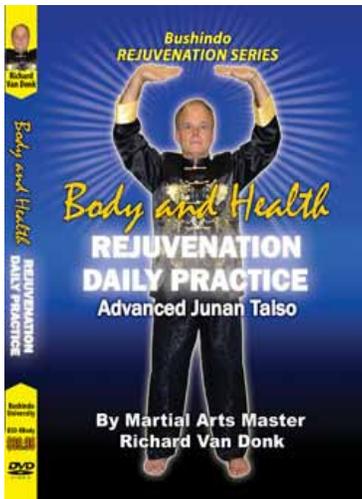
### BUDDHISM: An Overview of Home Study Course

From the life of its founder to the main schools of Buddhism today, this course presents an overview of the history, philosophy, teachings and meditation practices of the "Way of Enlightenment" This six-week course includes a 96 page workbook, weekly meditation exercises, quizzes, a final exam, a cd with meditation exercises and vocabulary pronunciations, and a completion certificate from SATI.

**SATI Course SC# 111 \$34.95**



# Shihan R. Van Donk DVDS



## **BODY and HEALTH REJUVENATION DAILY PRACTICE DVD - Advanced Junan Taiso** with Master Richard Van Donk

This Body and Health Rejuvenation Daily Practice is a comprehensive integrative body workout that will help energize your body, create flexibility in your joints and muscles, stimulate your nerves, increase your blood flow, enhance mental sharpness and if done regularly will increase the quality of your health and life.

It is far more than just a routine exercise program. For over 30 years Richard has been on a quest for an ultimate Self-Treatment Healing Daily rejuvenation practice.

In this Daily practice he combines joint freeing, stretching, Bio-energetics, Hatha Yoga, Meridian activations, acupuncture points, nerve systems activations, TCM/TJM Traditional Chinese/Japanese medicine, Amatsu techniques from Dr. Chris Roworth, martial arts advanced Junan Taiso methods of Grandmaster Masaaki Hatsumi and Chi Kung energy flow techniques. Rejuvenate yourself!

**#BSD-RBody \$39.95 ALSO - ONLINE VERSION With More information than the DVD - go to [www.BushindoUniversity.com](http://www.BushindoUniversity.com)**

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# Training Gear



**BUSHINDO UNIVERSITY STORE**

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# Training Gear



Back of shirt



Front



## IBDA DOJO SHIRTS

High Quality Black 100% pre-shrunk cotton T-shirts or hooded SweatShirt with the IBDA™ Logo on the front chest, Nine schools in grey Kanji and the large Bujin on the back.

**Available Sizes:** M, L, X-L, XX-L  
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High Quality Black 100% pre-shrunk cotton Sport Shirts with the EW™ Logo on the front chest, Enlightened Warrior Kanji and the large EW™ Logo on the back.

**Available Sizes:** M, L, X-L, XX-L  
Sport-Shirts **#TS121 \$24.95**  
Sweat Shirts **#SS121 \$29.95**



## BUSHINDO™ SPORT SHIRTS

I greet the highest light within my soul Top Quality White Sport Shirts (collared) & hooded Sweatshirts with the Multicolor BUSHINDO™ Enlightenment Logo.

**Available Sizes:** L, X-L, XX-L  
Sport Shirts **#TS108 \$24.00**  
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- Long Sword hardwood Bokken- Daito (40 in.)
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- 5 Ninja Rubber Stars - Shuriken 4"



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# Training Gear

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Traditional Black martial arts uniforms are used in Bujinkan Ninjutsu training.



### HEAVYWEIGHT UNIFORM

#### Instructor Quality

Ultra 14-ounce 100% Brushed cotton canvas black Gi with special oversized cuts and reinforced stitching. Best ProForce Brand. (comparable to others selling for twice as much)

Available in half sizes. #GI-PFH01 \$99.95



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These official dojo black uniforms (gi in Japanese) are made out of durable 50/50 cotton polyester with almost no shrinkage.

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State your Uniform (Gi) size when ordering

### UNIFORM (GI) SIZE CHART

SIZE	WEIGHT	HEIGHT
3	up to 140lbs	up to 5'6"
4	up to 160lbs	up to 5' 9"
4.5 heavy weight only	up to 170lbs	up to 5'10"
5	up to 180lbs	up to 6'
5.5 heavy weight only	up to 190lbs	up to 6'2"
6	up to 200lbs	up to 6'4"
7	over 200lbs	over 6'4"

**LOOK YOUR BEST!**

**"Always have the courage to live what you love and to love what you live."**

Richard Van Donk

# WHAT OTHERS SAY ABOUT US:

## Our Product Service and Quality

"Thank You for the prompt Service you provide, it is incredible! Your Black Belt Home Study Course is excellent!"

**D. Lovejoy, AZ**

"I would like to extend my thanks to you at ABD for your interest in my training and mailing out my order so quickly. I really appreciate the superb and prompt service".

**John Davis, CA**

"Just a note to commend the quality and value of your tapes and materials, we are enjoying them immensely".

**J.R. Morrisson, MN**

"Thank you for making such an excellent video ... Combat Ninjutsu... I studied with the Gracie's and you guys have some moves they don't. I can't wait to order some more tapes!"

**Robert Sodara, NY**

"Thank You! Thank You! Thank You! The American Bujinkan Dojo has transformed my life dreams from wishful dreaming to absolute reality. Thank You"

**Mike Frazier, IL**

"Thank you for the prompt and professional service. It is very satisfying to have finally found a martial way which emphasizes mental & Spiritual development as well as the physical. You have found in me, a student for life!"

**Timothy Park , OH**

## Home Study Courses

"Your system of Ninjutsu is the most amazing system I have ever come across, I wish I would have come across it sooner. A 17 year old tried to spar with me and I'm 40 with Parkinsons. I only have your 9th kyu beginners tape and I put him on the mat till he said enough. This proved to me that your system really works!"

**Randy Blattel CA**

"I think your Black Belt Home Study Course is GREAT! Real ninjutsu, in detail, without all the Ninja Hype.

**C. Cordi, CA**

"The tapes are great and I am enjoying them very much. Thank you for the prompt delivery!.

**Barry Graham, Canada**

"You have a very easy-to-learn and entertaining way of teaching that has helped me learn more on your videotapes than what I've learned from years of private instruction. I'm very satisfied".

**David Suggs, AL**

"I am grateful for the feedback that you gave me after I took my 7th kyu test. It was really insightful. It really did inspire me.

**Mark Abshire, LA**

"The tape content is outstanding. I was so happy to see that the way the material is delivered is beyond just merely an extension of physical but a focus on how a martial art is applied to a life experience".

**M Paskowitz, CA**



## Master Richard Van Donk

"Richard (Shihan Van Donk) is the happiest person in the Bujinkan"

**Soke Hatsumi, Japan**

"I feel blessed to have positioned myself in the same universe with such geniuses as you".

**Ray De Packney, CA**

"Richard, You are my teacher, my mirror, you are courage, purpose and honor. You are a warrior with heart". Namaste,

**Sarah, CA**

"I wish to honor the House of the Divine Warrior you have. You have my deep respect. Thanks for the fast service"

**Rev. Mearl**

"You have a wonderful system: all the techniques are in harmony. Master, your control in close fighting is extraordinary. Thanks for transferring your knowledge to video tape."

**E S, Turkey**

"The whole program was outstanding!.

**Buzz West, CA**

"My friend just visited you recently and enthusiastically reported his private lesson with you as 'Standing too close to the Sun' Living the Spiritual Path is the most comprehensive guide for Kundalini I have ever experienced."

**P.R. Hughes, ON, Canada**

"The American Bujinkan and the members has really changed my life. I thank you all for that"

**B. Terry, Alabama**

## Camps / Retreats / Japan Trips

"Just let me say thank you for one of the most wonderful experiences of my life".

**Reino Tanttia, PA**

"My words cannot describe the experience, feeling and growth this has given me. I am grateful for your generosity and abundant love"

**Tim Fitch, MT**

"The seminar was fantastic and Mr. Van Donk was an excellent teacher. Thanks Again".

**Robert Lamoureux, TN**

"You have changed my life completely in so many ways . . . I purchased and watched your movies then I started to learn what martial arts are truly about. It showed me that spiritual and mental aspects are more powerful than any technique".

**Tommy Theriault, MD**

"Thanks for the great trip to Japan. Going with you made the trip ten times better than had I gone alone. Thanks for sharing your secret places and literally going out of your way to make this trip the best it could be"

**Dan Ordoins, CA**

"I would like to thank you for your efforts in bringing ninpo to the public. If not for you I would have never found the true essence of the shinobi warrior".

**Justin Tallant**

Private Sessions with  
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