

UNIVERSITY CATALOG

Taking you from Beginner to Master

BUSHINDO



Master
Richard Van Donk

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Dear Friends and Fellow Martial Artists,

Thank you for your continued interest and support! We at **Bushindo University** home of **IBDA**-(International Bujinkan Dojo Association), **IDEA**- (International DeCuerdas Eskrima Association) and **Live Empowered Optimal Life Academy** 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, Living Empowered and Enlightened Warrior Teachings.

Our IBDA lineage is direct with Soke Masaaki Hatsumi in Japan. We created a mission with him to bring the arts to the world. Through Doshi's concentrated efforts with Soke he is the one that brought to the world Hatsumi's videos with *Quest Co. Ltd.* We were first on only DVD distributor for over 10 years. We then secured English subtitles on Soke's videos for you so that you can better understand what he is teaching. We also bought you his Japanese books in English (both in and out of print) by hiring translators and also securing distributors for his Japanese book titles.

In 1991, with Soke's help and permission 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 are constantly updating our websites with new information and products. All of our teachings are now in an Online university. www.BushindoUniversity.com Visit www.Ninjutsu.com often and keep your heart happy. Enjoy Your Studies,

Shihan Linda Van Donk, Judan -5th level

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No one offers you more Ninjutsu Opportunities!

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



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 Master Richard Van Donk's Hanbo DVD 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 the "History of the Schools of the Bujinkan." If you are experienced in Bujinkan Ninjutsu we highly recommend Shihan Richard Van Donk's In-Depth 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!

The Living the Spiritual Path course has greatly inspired the lives of so many. 25 years of research went into the Sourcing Enlightenment Audio Cd's.

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 yellow belt. Keep going until you reach your BlackBelt. IBDA has studies all the way to 10th Dan. Others have done it and 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 the teachings of Takamatsu-Sensei and Hatsumi-Sensei in every way we can. Hatsumi 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 lineage with Hatsumi-Sensei 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. Doshi Richard Van Donk, 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.

**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 re-search 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 Ninpo Taijutsu and it is at the core of our teachings

I will always maintain an active role in teaching, sharing and advancing the Bujinkan arts of Soke Hatsumi carrying those arts into the future long after I am gone. Ninjutsu is my passion which is why I have already taken about 50 trips to train with the Hatsumi-Sensei. I have received most every award, metal and certification possible from Hatsumi including the Golden Dragon Metal, DaiShihan, Jugodan and Shin Gi Tai Ichi. My Godan was in 1987. Judan in 1994. Jugodan in 2004.

At IBDA we have a Master Council dedicated to continuing the IBDA organization forever. Our studies are unlimited.

Bushindo™ as a Martial Arts System.

In addition to studying with Hatsumi-Sensei 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 Doshi 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. Richard is married to his lovely wife, Linda, a Bujinkan Daishihan (15th 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, Amatsu, 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.

DAO of Martial Arts - Spiritual Path

by Doshi Richard Van Donk

Is being a great martial artist more than just knowing how to kick someone's ass?

For me that is an emphatic, **YES!** Martial arts are so much more.



50 years in the arts training and teaching worldwide to thousands of students has given me great insights that I would love to share with you. I was fortunate to study with so many really great masters. My thirst and quest were deep, and this led me to make over 50 trips to Japan, India and China to achieve top level Shihan or Grandmaster levels in 3 separate systems. I tell you that not to impress you but to let you know that I have traveled the distance and perhaps inspire you to do the same, or at least go deeper into the arts to embrace the spirit to be more than

just being a good fighter. Martial arts over time become a way of life and in the process of studying the arts the training gives you many hidden life enhancing qualities.

Let me share with you my short list of what I like to see in my students in their reaching a BlackBelt level besides mastering the technical physical movements and techniques. Yes, of course you will need to learn to fight and how to defend yourself.

But first let me say this.

Of course, there is no greater feeling as a martial artist, *or as a person really*, than knowing that you can not only handle yourself in being safe but that you can own a room. And that whether they know it or not everyone there is a little safer because you are there. That state of being alone gives you a human value that is beyond most people that you will ever meet. And your knowing who you are and what you are capable will only get others to respect you for your abilities as you will be a role model due to the qualities that being a martial artist brings.

Here are the qualities you will learn on your journey to a Martial Arts BlackBelt.

Qualities of a Martial Arts BlackBelt List

- Self-Assuredness
- Willingness to learn
- Perseverance
- Focused mind
- Strength in Body, Mind and Emotions
- Mental Concentration
- Courage to Act Powerful
- Overcome inner fears
- Dependability - Dedication - Determination
- Personal Discipline
- Commitment to Action
- Health conditioning
- Enhanced Confidence
- Ability to think ahead
- Self Defense skills
- Increased Awareness
- Flexibility
- More Balanced and Centered
- Self-motivating
- Leadership Skills
- Ability to Deal with everyday problems from a new perspective

I know that is quite a list but it is built into the training for you to develop them. Every moment that you train will be enhancing who you are. Every technique will bring new qualities to how you handle life. It is a natural byproduct of studying martial arts and you're taking the journey on the warrior's path. It will not always be easy, but the results are well worth your effort.

What would it be worth to you to have all these qualities in your life, if you could just buy them? \$50,000? \$100,000? \$1,000,000. Personally, I think they are priceless. In fact, for years while teaching seminars all around the world, I asked Blackbelt's if they would trade their BlackBelt and all the internal value from lessons that they gained on their journey to becoming a BlackBelt for \$50,000? for \$100,000? for \$1,000,000.

Everyone said an emphatic NO... Well, except a young 23-year-old who said respectfully he would take \$1,000,000 because he was young and he would just start over traveling around the world training with the money. That says it all! So, remember that when you are faced with seemingly high dojo fees. Know that you are really making an investment in yourself and who you are.

This brings me to the real question of WHY do people studying martial arts? What hooks them into saying yes I will dedicate my life to that?

Having studied and taught the Martial arts for 1/2 a century I already had my own ideas about why people study martial arts but I wanted to know from others the deep internal reasons that actually drive people to the arts and keep them training.

So recently, I did a survey of several hundred martial artists of all rank levels to see what got them involved in martial arts in the first place. The survey statistics are very interesting and some of the percentages even surprised me.

I also found out that people may start for one very conscious reason that in reality, actually fulfills some deep inner need that is not so conscious to them. But people continue in the arts because training gives them so much more than what got them started in the first place. Like those top 20+ qualities of becoming a BlackBelt that I mentioned earlier. They are a heavy hidden influence on keeping people in the arts and so are their Sensei / friends / training partners that encourage them when they don't show up for training (*Do your best to get a training buddy and a great mentor*).

Martial arts for most of us become a way of life- it kind of gets in our blood if you will. For me now, it is just plain fun. I do love being very creative and going deep in the studies. I love to learn and I am constantly learning something new. Budo is in my blood. Do you like me ever feel that too?

Let's get right to the survey results -

34% of the students surveyed said they started martial arts because they wanted more self-confidence in order to feel stronger and to be more empowered. Self-confidence is about being more connected to who you are and accepting who you are at the core. Being a spiritual being is also about being fully connected. Also, nearly 100% of those people surveyed confirmed that martial arts training empowered them in multiple ways.

21% said it was the aspect of being on a spiritual path that drew them to the arts. This large of a percentage was actually surprising to me even though it was one of the main reasons that I sought out a dojo when I started in the arts. I was deeply attracted to the concept of the temple arts and wanted to learn to meditate. I never found that at the Karate dojo but I did find the path that lead me to what I wanted and more. Beginning the journey is the more important thing. Besides traveling it as a way of life. Most everyone clearly stated that they were not seeking a religious path but a spiritual one, with many of them wanting that spiritual path to not be in conflict with their current religion.

It is interesting to look at the word **Budo** 武道. **BU** 武 means Martial. **DO** 道 is the way or path. The Japanese Do 道 in this context is same word as Dao/Tao 道 in Chinese. Daoists prefer to understand the Dao as the way of Nature, as a whole. In the Bujinkan arts and in my Bushindo System we deeply study one's nature in relationship to all things both martial and life itself. So Budo can also be a spiritual path that is not defined by a specific religion. It is a study of nature, your nature and the path of life you embrace. More on that later.

17% said that it was a martial arts or action hero movie that inspired them got them to sign up for lessons. Now I feel that, who isn't inspired by Bruce Lee - Jackie Chan - Jet Li - Ninja movies or a Marvel super hero? Who doesn't want to be able to do all those cool fight moves, right? We've all come out of one of these movies wanting to Kung Fu something or someone. Fess up now and raise your hand on that one. If not, it is back to basket weaving, or Yoga for you and not martial arts. lol

15% said it was because they were either bullied or lost a fight and did not want to be picked on, pushed around or to ever lose another fight again. I really think that this need for being able to defend yourself is really at a deeper core than what is represented in this number. Who wants to be weak and helpless or to get the crap beat out of them? No one. Nothing is really more disempowering, and the mental wounds are usually 90% more challenging than the bruises that heal much quicker. If you are lucky you will learn to fight back sooner than later in life. I can tell you from personal experience it is a great feeling to know that you can own the room.

11% said they wanted to be able to defend their family. This really may be at the core really being able to defend themselves naturally extended to their home and family. I think far too many people rely on having a gun to do this. 90% of all incidences will be in places where one may not have a gun, nor would it be advisable

to use one. For me I am the first and main line of defense for my family even though my wife is highly trained. It is great to know that wherever I am people are a little safer because I am there. Even if they do not even know it.

A small 2% said that it was a friend that got them involved but it still doesn't tell us the personal reason and the personal gain from starting the arts. So this number should really be divided into one of the above categories. But having a training buddy is super as it adds fun and depth to the training.

I personally think at the core, martial arts builds our self-worth by overcoming our inner weakness and truly empowers us. People train because it makes them stronger in so many ways..... physically, mentally, and emotionally, as well as spiritually.

Martial arts practiced correctly builds personal presence. In time, martial arts with the right Sensei will transform your ego and help you overcome all inner battles. If you look deep your real goal inner goal is to have peace and harmony be at the core of your life which will require stripping away all your illusions of any injustice or inner battles within you.

The toughest battles that you will ever fight are between your own two ears. It has got to get right on the inside before it ever gets right on the outside.



Martial arts begin and end in respect. That should start with you, then with the art you study, then with your teacher and then to everyone that you train with. When you respect you enter the Dao and allow the teachings to come forth. You drop your ego, come to a now moment and open yourself to learning what is being born. To me it is a spiritual bonding as respect is an honoring at the core of

yourself of who you are in relationship to that which is seemingly external. A humbleness to the source within you.

This is the true place that we go when we bow in. It is not about below higher or lower than someone else. It is a recognition of one's internal nature and witnessing that in someone or something outside of you.

Some would call that the **Tao or Dao** 道. As stated before, In Japan, the same term is **Do** 道, simply meaning path or way.

Budo 武道 is a Japanese term for martial arts. Bu (*meaning martial*) and Do 道 (*meaning Path or Way*). When we are studying the martial arts we are studying a Warriors path – the Martial Way. In experiencing budo we are learning many aspects about ourselves and our relationship to conflict. We are learning about how to fight and overcome injustice in all it's forms. It takes courage to persevere. It also takes courage to remove all that harms us on every level. What good is it to be able to beat someone else up but still beat the crap out of our own selves with a weak body, and poisoned troubled mind? Martial lessons are for both the inner world and the outer battles that may challenge us.

We study the martial arts in a Dojo 道場, meaning the place of the way. Your place of practicing and experiencing the Way. In China and Japan the place of training (dojo, dojang, wuguan) was usually inside a temple. Where meditation and humble living was also taught. Hmmm.. maybe the spiritual door has always been there.

We study in a DoGi 道着, - Uniform of the way. Commonly shortened to Gi.

So to sum this up we study the martial Dao in a place of the Dao while wearing a Uniform of the way. The Dao is all encompassing and without many knowing this is the core of the martial teachings. I invite you to learn your nature as you travel the path and always know that the journey is the destination. Learn for you. Share it with others. Live it as an example from who you are and not from a pumped up ego self. When you can live the “way” while you are influencing and impacting others in a positive uplifting way you will be a living example of Budo, as a true role model, known as a Shihan 師範.

DAO OF MARTIAL ARTS PAGE 6

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IBDA OPPORTUNITY

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To Master"**

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"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

1-707-987-9322

IBDA BUJINKAN is DIFFERENT



Not All Bujinkan Training or Ranks are the Same

When choosing a Bujinkan Dojo you need to know that not all Bujinkan Dojos offer the vast array of training that IBDA does. Bujinkan rank grades will mean something different at a non-IBDA dojo. We have a very comprehensive strategic standard while many others do not. Our Instructors must pass a Teacher Training Course to ensure quality that you can trust.

This year, 2020, at IBDA... International Bujinkan Dojo Association we are revolutionizing our training, changing our focus and we are adding many things to our training now. Great changes have happened in Japan with Soke Hatsumi retiring from active teaching and giving Sokeship to the 9 schools to Senior DaiShihan and the Hombu Dojo closed indefinitely from the virus. IBDA carries Hatsumi-Sensei's teachings forward as he granted Doshi Van Donk the permission and blessings to do so in the way that he feels is best.

In a Nutshell this is the Lifestyle path that IBDA BUJINKAN DOJO ASSOCIATION offers.

- The entire focus of IBDA is on **“Living Empowered”** as a martial artist and a human being. Not just in martial skill, but in mind, body, spirit and life. *Shin Gi Tai Ichi* is the goal from the beginning.
- **“Ancient Arts for Modern Times”** has been our theme since late 1980s.
- **Warrior – Monk Training..** a non-religious spiritual path where you learn the arts of Awareness, Meditation, and even Kuji-In. We use the NIN symbol on our uniforms.
- Our **Martial Skill Taijutsu focus** is totally **Ninpo Taijutsu** and Budo Taijutsu is studied as well. Our IBDA issued ranks are in Ninpo Taijutsu.

- **Ranking is based on 3 things:** specific knowledge learned at every level, your taijutsu ability, and your character development. You will earn the ranks and you can be proud of your grade because you know that you earned it well enough to teach it.
- **Godan Sakki Test** for 5th dan given by Doshi. We have a 10 dan system (with 5 elemental levels) – No 15th dans.
- **Teachers Training Course** – You will be trained how to teach responsibly and can earn several teaching titles.
- **Knowledge Library-** Unprecedented Bujinkan learning and study materials from Beginner to Master Teacher. At the Dojo, supplement Binder/DVD Courses or All Online Study Portal – **Study Any Where at Any Time. Phone App!**
- **Ground Fighting** – Ninpo Ne Waza all taken from the Bujinkan schools' methods.
- Amatsu and Junan Taiso **body conditioning**
- **Bujinkan fight finishes.** Not just submission and stop.
- **Realistic combat – No wimpy training.** See Combat Ninjutsu DVD. All punching styles – not just ichimonji. Resistance training. Countering drills.
- **Weapons** – ancient, exotic and modern – How to use and defense methods
- **18 Skills of the Ninja**
- **IBDA Master Council to carry the art on forever.** Almost 40 years of excellence.
- **Join our lineage!! Become a training Member Today!!**

Learn more details inside the IBDA Members Portal.





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 a cool IBDA Membership ID Card and Certificate suitable for framing. Become a Teacher!

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



NINJA SOURCE VAULT Explore the Living Densho Secrets.

Secret Densho 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 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 Benefits and ID Card, Membership Certificate for only \$40. Wow!



One Stop Ninjutsu Studies - 150+ study items at Store.Bushindo.com

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 and made it to 10th 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 (Master Teacher) or Shidoshi-ho (Teacher) instructors have been taught how to teach and are certified.
- IBDA instructors (and students) are properly trained to become certified and licensed to teach by Doshi Richard Van Donk and represent IBDA 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.



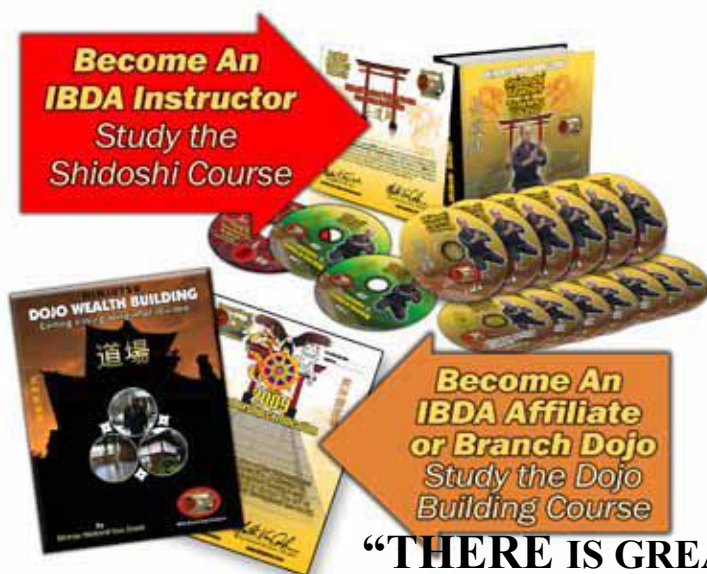
NOT ALL NINJUTSU TEACHING SYSTEMS ARE THE SAME.

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 methods, 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 30 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”

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Memberships - Patches

IBDA MEMBERSHIP



International Bujinkan Dojo Association™

Your International Bujinkan Dojo Association™ Membership comes with an ID Card (see to the right), an online Printable IBDA™ Certificate, an International Bujinkan Dojo Association oval patch, occasional member specials, Ninja Vault access, Ninja Online Study Group. A current Membership is required for all IBDA rank testing.

All renewals receive a new ID Card, certificate and IBDA patch.
Annual Membership: #MEM-IBDA \$40.

MEMBERSHIP CARD

Official Annual Bujinkan IBDA 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 for **ONE FULL YEAR** from the date purchased.

IBDA PATCHES

IBDA Shoulder Uniform Patch



Metallic 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**



IBDA Uniform Patches

KYU Patch-DESHI

Official IBDA Hombu Dojo Deshi (meaning Student) 3" Patch worn on the chest over the heart for the 9th Kyu to 1st Kyu. Inner White Nin with gold metallic border on red center. A reminder of starting on the path with a pure heart.

#PA-03 \$25

Uniform Stars

White, Yellow, Silver, or Gold 1" Stars

Official IBDA 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
4 Gold Stars	#STAR4Gld	\$5.00



DAN Patch-SENSEI*



Official IBDA Hombu Dojo 1st Dan to 4th Dan Uniform 3" Chest SENSEI level Patch.
#PA-04 \$25

*Please Note:

SHODAN TO YONDAN **ONLY**- You **MUST** be at least an IBDA Shodan to order this item. **NO EXCEPTIONS!** ALL orders will be checked against our certified dan list records.

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, 2 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. From Junan Taiso to Amatsu. Why be limited? or forced to a name? Hatsumi's Bujinkan has offered many different teachings from many schools and that training has changed and has evolved as he has.

Doshi 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-**

Go To www.BushindoUniversity.com



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

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

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 25+ years has helped us to perfect our teachings, creating BlackBelts and 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/ranktesting.com

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!

WE'VE TRAINED BEGINNERS INTO
BLACK BELTS OVER THE WORLD
ALL OVER THE WORLD
YOU NEXT?



NINJUTSU Black Belt Course FROM NINJUTSU MASTER RICHARD VAN DONK



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 50+ trips to Japan during the last 35+ 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 250+ page Black Belt Training Manual, Japanese Terms learning Audio, 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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DVD #DVD371 only \$317-**



We Bring Authentic Ninjutsu To Your Door!



Ninjasu Black Belt Course

What You Will Learn-

9TH KYU REQUIREMENTS- Beginners Level 1

Building your foundation. Learn the proper Ninjasu 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 Ninjasu. 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 Happpo 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 Happpo. 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 Happpo & 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 Happpo), 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 Happpo 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 Happpo.

5TH KYU REQUIREMENTS - Intermediate Level 5

The focus at this level is learning the Kihon Happpo 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 Happpo 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 Happpo), Body grab escapes, Shuriken techniques, Beginning throws (Nage), advanced kicking and punching methods also done while falling.

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NINJUTSU

Black Belt Course



4TH KYU REQUIREMENTS - Intermediate Level 6

At this level you will focus on 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

SAVE \$100- REG. \$397.95

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

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

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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. Doshi 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 (licensed instructor, a direct student under Doshi Van Donk) issued by IBDA. This enables you to open up your own IBDA 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!

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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 Doshi Richard Van Donk and assisted by Shihan Ken Balanon.

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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. Doshi Richard Van Donk is assisted by Shihan Ken Balanon and Shihan Joel Everett.

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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 Happpo. 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
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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 Doshi Richard Van Donk and Shihan Linda Van Donk.

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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 Doshi Richard Van Donk and Shihan Linda Van Donk.

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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. Doshi Richard 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.

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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. Doshi 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.

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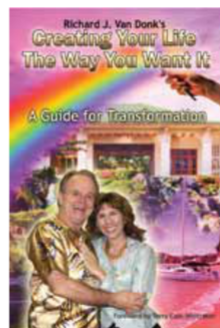
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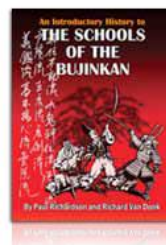
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- Naginata - long staff with a blade on the end
- Jutte - defensive iron tool
- Shuko - hand claws
- Kyoketsu Shoge
- Yari - spear
- Hand Gun
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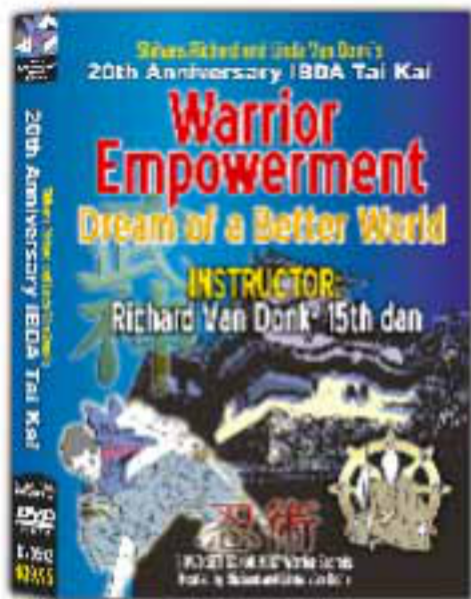
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IBDA TAI KAI DVDS



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 Dilley, 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.

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- * Brief history of the 9 schools,
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We bring Ninjutsu to your door!
"Taking you from Beginner to Master Teacher!"

Who is Soke Masaaki Hatsumi?

初見良昭

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. In Jan. 2020, at age 87, he announced that he will retire indefinitely from active teaching. His senior DaiShihan teach at the Bujinden dojo in Noda city, Japan.

Hatsumi's 9 Inherited NINJUTSU Traditions:

1. TOGAKURE RYU NINJUTSU
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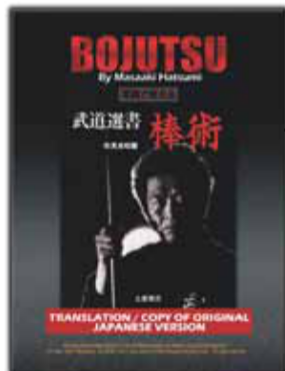
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DAO of Martial Arts - Spiritual Path

PART TWO

by Doshi Richard Van Donk

Temples Arts > India - Tibet - China - Japan

Martial Arts began mostly as temple arts. Historically, a dojo was a room in or adjacent to a spiritual or religious temple. Most notably would be the Shaolin Temple in China. In Japan, Zazen meditation halls were first called zendo and then later as a dojo. Of course the arts during war were practiced outdoors in nature as well but the martial spirit remained the same.

The culture that you are born into influences your religion and personal beliefs which directly influence the way that you view the world. In India the arts like Kalaripayattu have a Hindu Shiva influence. In China it is Daoism and Buddhism. In Japan, Shinto or Zen Buddhism have their influence. Your own dojo can have its own religious or spiritual influence or not. I invite my students to balance the Asian influence with statues of Jesus or Mother Mary, if that is their strong faith. You must make the art yours. Again, the Dao is all encompassing and not confined to any one belief system. Learn your nature and live YOUR nature.

The more I traveled worldwide studying with so many masters of different faiths it opened me to a greater universal spiritual knowledge. I no longer judged and just embraced only what resonated with me. The rest was really not my concern. I only took what was useful to me. So much of the spiritual nature of these different belief systems were really the same thing with different names or a different way of describing the same thing. I quickly learned that they were more just a coding system than the true knowledge itself. Many perspectives of the one. What is most important is your relationship with you and your relationship to what allows you to breathe. As stated, in the Japanese dojo, training was done in a special room in a part of a temple complex. The training room was specifically built to create a sacred space where one could study oneself as they practiced inner arts like meditation and martial techniques. The entire training was about personal evolution. Everything in the dojo space had meaning and a purpose for empowering the space and the people training there. This was very carefully thought out especially in relationship to the transmission of power and all the relationships that would be experienced by everything and everyone that came into the place to study the Do/Way.

Even proper ways of lighting a candle or burning incense to how one enters the room and how or where that they sit.

The dojo is divided into four seats of power, distinct sides, and the direction orientations in the following order:

1. Kamiza - Upper side - South Seat of spirit or God (Kami 神)
2. Joseki - East sidewall
3. Shimoseki - West sidewall - window to let in sunlight on shrine
4. Shimoza - Lower sidewall - North - students enter here, at the inferior seat, into the mat space.

Kamiza 上座 being the superior seat of the dojo space is the place of honor and is usually decorated with the sacred shelf known as the kamidana, (meaning spirit shelf). The kamidana can be as simple as a small wooden shrine or an elaborate self with many shrines, candles, incense, plants, ofuda (blessing plate), calligraphy, pictures of a master (living or past), swords and other symbols of the school on it.

When bowing in the class the Sensei 先生 (*one who has gone before*) sits themselves directly in the center of the space facing the kamidana (seat of power), about one-third distance of the dojo back from the kamiza. Sitting in this position the Sensei will receive the light of the sun off of the mirror that is reflected from the window of the Shimoseki wall so that they will be mirror of light for the student as they say a prayer blessing, clap and a bow them into the Dao/Do or "Way".

This is one of the reasons why the highest-ranking students sit closest to the teacher as they have earned their way to be closest to the teacher and the closest to the seat of power. Never sitting in front of the teacher. One day by the grace of the spirit and master they will sit in that place and bow the students in. I will never forget my first time bowing in about 100 students for Bujinkan Ninja Grandmaster Masaaki Hatsumi's personal class, in his Japan hombu dojo. (*to clarify he was running a bit late and called asking me to do this*). It was a high honor.



Rei or bowing is entering Zero and paying respect to the art, the space and to those that have gone before you, Sensei (*one who goes before*) and did you know in India that the bowing of the head to the master was for the master to check the crown chakra of the student to measure their progression and feeling deeply into the student's energy system to measure where they were at in training and in life. This gives the master knowledge in which to teach the student.

In my Dynamic DeCuerdas Eskrima system, it is customary for the head master to lay his hand on top of a perspective student's head to see if they have a hot head (*checking the crown chakra and energy system*). If their energy is too fiery, they will not be taught the arts, or we will selectively share with them only to a certain level. A teacher is responsible for what he teaches others. Monks in China do this through measuring the bodies energy and learning the energy systems of the body. The Shaolin monk will overcome this unbalanced energy by channeling into body exercises and extreme conditioning. Harnessing the power and mastering it.

Martial Arts masters of India, China and Japan have since the beginning tempered the power that they taught students with meditation. Ninja Grandmaster Soke Hatsumi once recommended that I train only with women for 6 months to balance my hard style Karate energy. I need the feminine balance. It did wonders for me on so many levels and changed my martial arts forever.

Stretching the body is opening up the energy flows in the body to free any blockages in the body, mind, spirit system. This Yoga method comes from the Nath Yogis that used stretching the body to open the Nerve channels so that they could meditate longer.

Even the Archangels are pictured with swords. Saint Peter cut off an ear in front of Jesus. Arjuna fought for Krishna. Mohammad led armies. All this is a rise against injustice. That is the greatest reason for martial arts. To overcome injustice in all its forms.

In learning marital arts what are we really protecting?

The longer you train the more that you really realize that the toughest battles that you ever have are between your own two ears.

Even if you can beat 100 trained men in battle and your anger is always out of control making you and your life suffer then you are no better off as a warrior as you are constantly defeating yourself.

Martial Arts are also about personal empowerment. Again, the Do in Budo is the same as the Tao/Dao meaning way or path. Learning to still your mind or focus your thoughts is important in life and imperative in a life-threatening situation.

The masters of these ancient Do teachings use them to develop incredible physical and nonphysical strength in great inner powers. They used them to evolve their lives and become healers. They use them become in tune to God and nature. They use them to do what others would call superhuman feats. They use them in battle for survival. They use them for inner peace. The teachings of the way have been in place for thousands of years. Some teachers mark this path well for their students and others do not. One must realize that all instructors are also at their various stage on the path and that they may have not learned and embodied all the vast aspects of the training that they seek. I learned this very quickly when I joined Karate to also learn meditation and my very skilled as a fighter who was Captain of the USA Karate team thought meditation was pretty much nonsense. So I studied Karate with him and sought out a meditation master.

At one time the arts were only taught as a complete holistic way not just in parts and pieces as it is today. When you were accepted to train at the temple you would be required to working on refining your own inner self first and establishing great body conditioning even before you start learning the martial portions of the art. It was imperative to have a pure peaceful heart that was worthy of defending. In reality, the martial arts are really meant to be taught integrated this way as one thing, even if that's not what being taught to you. People can only teach what they know.

There is no right or wrong in this is just a matter of what your own desire is in budo and how far you want to go on the path.

I personally feel that personal enlightenment can only come about through total immersion in the martial arts tradition as a way of living.

This Enlightenment is characterized by the development of the benevolent heart stronger than love itself, the benevolent heart is capable of encompassing all that constitutes universal justice and all that finds expression through the unfolding of the universal scheme. Because you must connect with other people to learn, what we do is actually a study of humanness. So through your training you will actually come to understand your own Humanity. One must decide just how much power that they should even use while defending yourself against an attacker. Once your awareness and skill levels rise you will find yourself not having to be so defensive and will remain calm in times of uncertainty taking advantage of the other persons aggression without the force that you would have used when less skilled.

In the Bujinkan Ninjutsu arts we have a term “Shidoshi” (*one who removes ignorance and shows the way*) for a fully licensed teacher, which is only given at 5th degree BlackBelt after taking a test referred to the “Sakki” of Godan test. For this prestigious test, the student sits in front of a senior DaiShihan (*Judan-5th level*) in seiza with their back to the administrator of the test. The student sits silently and waits for an undetermined time a sword cut striking at the crown of their head. The student must not only feel that sword strike but they must move completely out of the way without being struck anywhere on their body by the sword.

There is much more going on in this test other than just sensing the strike and avoiding it. Done properly by the DaiShihan this test is much deeper. It is important for the student to connect to the DaiShihan and trust that the art will take care of them by dropping all ego and all thinking. The more that they both enter a zero state and let the muse of the Do/Dao flow through them the more beautiful the experience is.

In giving the Godan test myself many times and studying Soke Hatsumi giving hundreds of tests I know before they sit in front of me what chance that they have to pass this test on the first try. When giving the test, I do my best to internally connect my energy to the student by sending energy down through the top of their head and down the spine of the student.

I synchronize breath. I do what I can to help them achieve the state of zero.

No thinking and just trusting. When I feel that they have made a connection with me and that they can be moved by the cut I center inside myself and go to zero less thought. I keep the feeling connection and then just let the sword move on it's own. I do not guide it anymore, but this is after years of studying in doing this test. When a student truly tunes in they are moved by this downward strike instead of moving themselves. It is an unforgettable feeling. This process is really about resetting a person's humanity by clearing all negativity out of their spine. The experience for many is deeply spiritual, even when they get hit on the head and fail. I still remember my fifth dan test that was way back in 1987. I was among the first foreigners to ever be given this test by Soke Masaaki Hatsumi and to pass on the first attempt. I did not move some how I was moved out of the way rolling. It felt as if I was pushed by an invisible force. I will never forget it. With great honor I was one of the first to give this test outside of Japan, on the Soke's behalf and one of the first to administer the test in front of Soke in Japan. For me it is a continual study of the way and the guiding of energy of true budo.

Before the 5th dan we study the Omote or outer side of the art. The more physical. At the 5th dan we begin to study the Ura or the inner side of the arts. We begin to learn more about Yin and Yang of the arts. And about Kyojitsu, the art of knowing the difference between truth and falsehood. We study this in the world by first mastering it in ourselves. There comes a time on the journey that Budo is Life.

There is a lifetime of travel on the journey of self-discovery. The further you travel the more that you learn that there are no mistakes, no real surprises and there is no separation. This is why the Chinese have a saying about the Way, (Do in Japanese and Dao/Tao in Chinese) which goes, "The Dao that can be told is not the true Dao."

For a better understanding of where you may be on the path, I have carefully marked 5 Torii entry gates on the journey. I've divided the progression along the way into several different stages, which I will call Torii Gates.

The Stages along the Warriors Path or what I call the 5 Gates are:

Torii 1. Practitioner

Torii 2. Teacher

Torii 3. Scholar

Torii 4. Healer

Torii 5. Shihan / Sage

For this writing I will give a brief summation as an overview. If you are interested in a greater in-depth understanding on this please refer to my work the Shidoshi Teachers Training Course or upcoming book on this.

If your training in the martial arts you've already gone through the first Torii gate, that of a practitioner. In time you'll begin to share the art with others, and you will develop into a teacher, the second Torii gate. Being a teacher naturally creates a desire to learn more details of the art scholar, third Torii gate, so you can share them with others. The more you understand about the past and its teachings the more you begin to heal the inner and outer aspects of yourself others will witness your new abilities and the change in you and will want your help for issues in their lives. Students will bring you their troubles to be healed and they will trust your judgment as you have already traveled this path yourself. This will bring you to the Healer stage on your path, the fourth Torii gate. You may even learn a healing system like Acupuncture, Herbs, Massage, Traditional Chinese Medicine or Yoga. Soke Masaaki Hatsumi clearly states that medicine and budo are the same. Especially if you are healing your life through your budo practice.

The 5th Torii gate (Sage, Shihan), Well very few will continue on this far on the path as a martial arts as a life practice is required but if you do, after many years you'll be you will have mastered your art as a practitioner, you will have taught many to high dan levels so that you will be very respected as a teacher, you will have helped many students and people in your community with physical, mental or spiritual healing to a level that you will be referred to as a role model. The Japanese word for that is Shihan Some refer to Shihan being a Master when it really means Role Model and you should be a master of the arts before reaching Shihan level. The Chinese word for this would be translated as Priest or Sage. Sometimes as Sifu or Daoshi.

At this point the wisdom that you have gained on the path to achieving a Sage level will teach others more as a transmission of who you are than any technique ever will. Your presence in the room changes the room and the way that people feel. All the highest teachings are really nonverbal. Presence of being speaks volumes. Your martial skills will also embody this. This infinite budo path unveils an evolution of human potential that is unlimited. Living the way fills my destiny and enriches my soul. I am sure that it will for you as well.

I personally use the term **Doshi** 道士 as a title. Since the "Do" 道 equals the way. "Shi" 士 is to show or guide. So **Doshi** is a "Shower of the Way or a "Way Shower". In Budo that is exactly what I am. I do my best to be a role model. By everything that I am. Showing the art is really just giving guidance on presence of being and goes on much farther than the techniques that I teach. Of course, this presence shows up in my martial ability and it should yours. But then again, I always remember that I personally am on a journey of my own self perfection. Often but not always it includes others. The difference often is that I know this consciously in everything that I do while a student may not have even reached this level of understanding yet. So, I don't expect it I just guide them to it. Sometimes it takes a whack on the head or even a kick in the butt. It is all part of the journey for both of us. I also know that every student is my mirror and a reminder of where I once was on the same path. That measurement is what gives me insight in showing them the way. I also live by a principle that everything is my teacher. I am so grateful to all my teachers.

For a more in-depth view of these 5 gates see my work Shidoshi Teacher's Training Course.
<https://store.bushindo.com/shidoshi-teacher-training-course/>

How far should this level of personal perfection really go? When we surrender to who we really are we transcend ourselves don't we? We then enter a spiritual realm. Our path is to be pure as the Dao. This is the ultimate harmony. To do this we must learn and know our own nature.

I dove deep into my own nature and into the arts. I loved training and exploring it so much that it was all that I wanted to do day or night. So much so that I figured out ways that everything that I did could relate somehow to some aspect of the training. I would even go around the house picking up stuff with my hanbo (short wooden staff). Over time budo became my way of living. It can become yours too – if it is not already. I mean this from the standpoint that everything in life can be training. The true way of learning is to grow in awareness.

Although we study information the teachings are not really in the information itself. Information comes and goes out of your brain but when you gain awareness on more level's knowledge is automatically obtained without conscious thought. Once knowledge is incorporated as a part of you it becomes natural and no thinking is required. This is why Ninjutsu Master Soke Hatsumi is always reminding students, "Don't think – feel."

Martial arts is a feeling art And so is life.

Your life will never change if you do not change your attitude towards it. Life is what you make it and how you respond to it. Indeed no one is better than anyone else that is for sure. Some people see life as lemons and others will just add a little sugar to it and make lemonade. I do hope you find the life you truly want. And yes, Peace can exist even in Chaos.

Own yourself fully. Be empowered. Will you be white belt level empowered? Or will you be a BlackBelt level empowered? Or will you be Master Sage level empowered? It really is your choice. But you will be graded more by others than by yourself.

Your study in our own nature we are study in our own flow in life.

Is not just studying the martial part of the art it is what you become in the process. Will these great arts, will this path of a Warrior build your ego or will it strip away all the false allusions of who you are and lead you to a pure heart? That choice is yours. Thank you for being a part of my path.

Much Respect - See You On The Mat!

Doshi Richard Van Donk, *GrandMaster*

Bushindo Ryu - GrandMaster

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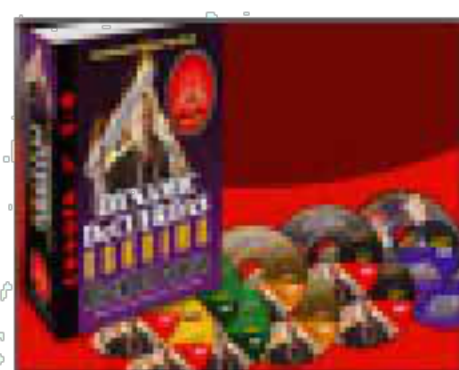
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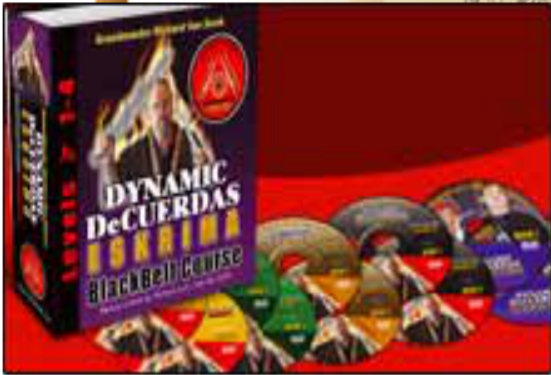
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Exciting Action! Striking, blocking, and cutting systems are covered in detail with one & two sticks (blade). Learn to disarm knife attacks and handle multiple attackers. The true system was kept secret and handed down family to family. This is the 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

www.DeCuerdasEskrima.com

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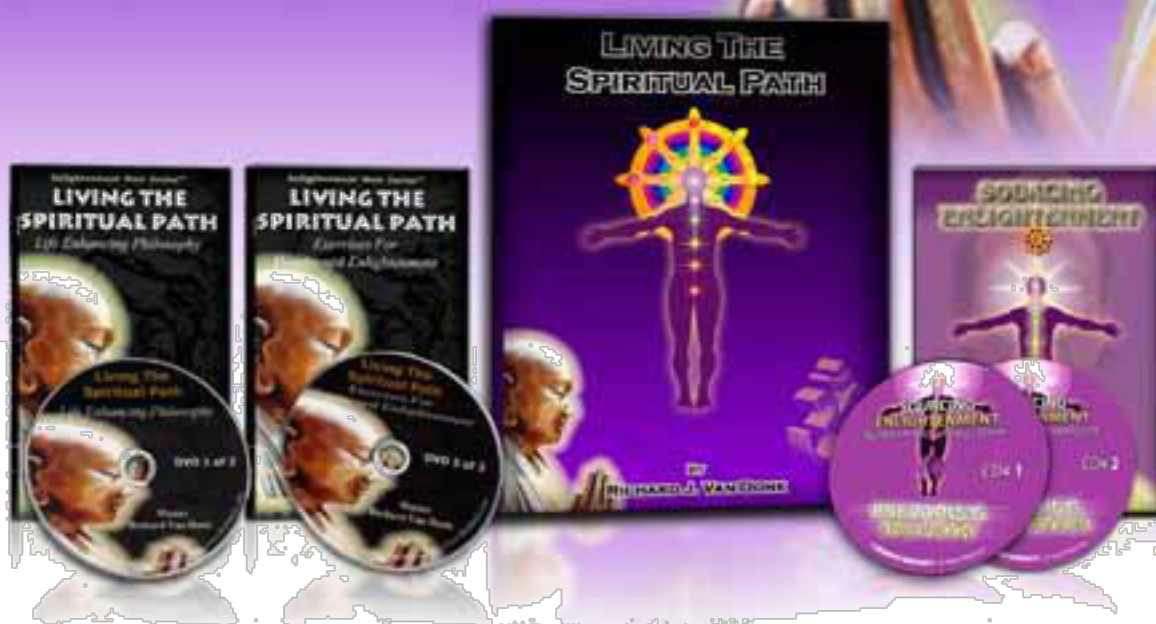
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114 Pages Manual

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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.

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SATI Course SC# 112 \$34.95



TENDAI - The Daily Practice Manual (English Translation)

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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

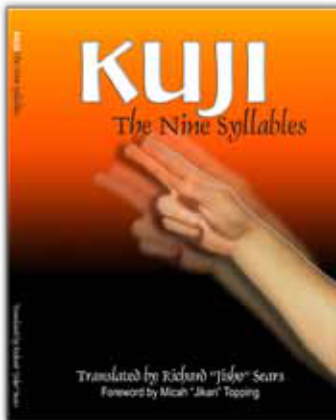
The holy fire purification ritual of the Shingon Mikkyo tradition of Esoteric Buddhism is performed directly for you to personally receive the Fudo Myo initiation and purification process! Master Richard Van Donk received rare permission from his Japan Mikkyo teacher Kensensai Machida to make this movie 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)

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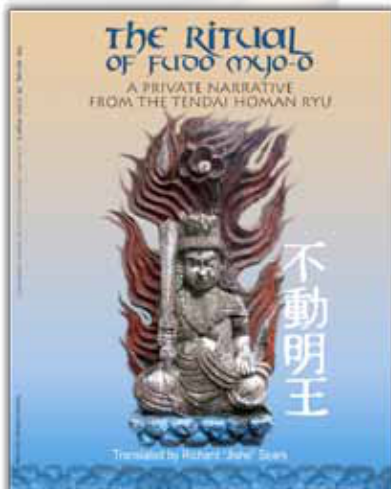
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MIKKYO An Introduction to: Home Study Course

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)

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RITUAL OF FUDO MYO

Includes 65 illustrations of the once secret mudra hand positions.

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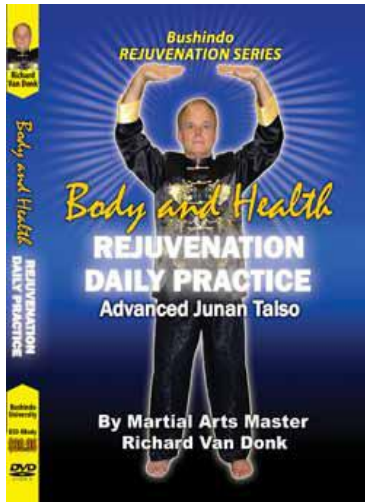
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Doshi R. Van Donk DVDS



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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"

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what you Love and to Love what you Live."**

Richard Van Donk

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"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!"

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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**

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"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**

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

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"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".

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