LOTSWild Manual of Promotion Requirements; Ninjutsu / Budo Taijutsu

The following material is designed to be a general guide for progression toward black belt, Sho Dan, in Spencer Bolejack’s taijutsu/ninjutsu class. Specific techniques may be interchanged and requirements may vary over time. The underlying idea is that students develop an intuitive and alive movement based on traditional training within the schools presented, not build a set of robotic techniques for memorization. The color requirements are reminders to ensure major ideas and principles as well as outdoor and related knowledge are not overlooked along the learning path.

*Key elements include the following strands of information.*

**Tai Sabaki** – body movement, rolling, leaping, and evasion

**Self Defense** – effective methods of responding to various common attacks

**Weapons** – how to move with and use various weapons from both the traditional system and in universal terms for application with any available object.

**History and Culture** – an understanding of some of the world’s great stealth warriors as well as sensitivity to the Japanese origin of ninjutsu, its roots and heritage and key figures.

**Wilderness/Outdoor knowledge** – How to be safe, find your way, stay warm and fed, build shelters, track and trap, and develop a knowledge base of area plants and trees and how to use them for food, medicine, and defense.

**Traditional Kata** – Information from the nine schools taught by Dr. Hatsumi and other senior masters such as Moti Nativ, especially material from Gyokko Ryu and Koto Ryu, as well as others. This includes two-person forms, stances, and techniques. Specific schools and information may change at any time.

**Awareness** – sensitivity and awareness are the building blocks of all shinobi methods and scout skills. Games and training designed to develop the senses and observation, as well as stealth and blending, are covered.

Students are *strongly recommended* to attend our summer programs such as Scout Camp, Ninja Camp, etc. to get hands-on ‘dirt time’ and many hours of learning to augment weekly classes.

Thank you!

Spencer Bolejack

Land of the Sky Wilderness School, LLC – director

**Yellow I**

\*class etiquette

\*4 direction rolling, leaping

\*safe strength training, class effort, flexibility exercises

\* chi no kata, fudo ken, shikan ken

\*seiza, ichi monji no kamae

\*Hira no kamae muto taihenjutsu shoshinsha gata

**Yellow II**

\*history and culture; *the scout*

\*Sui no kata, Ka no kata

\*back kick, front kick, punch

\*hon gyaku, ura gyaku

\*self defense against various grabs using kihon happo

\*shi zen no kamae, hira no kamae,

\*stealth walking

\*historical significance, development, roots of systems

**Yellow III (advanced)**

\*hoko, doko, hicho no kamae, jumonji

\*backfist, shuto, shako ken

\*round kick, jumping basic kicks

\*fu no kata, and sanchin with hanbo

\*see hanbo manual for weapon techniques

\*oni kudaki, mushadori

\*leaping rolls, and rolls with items

\*self defense against various grabs and basic chokes using kihon

\*stealth training; doorways, sensory development, stairs, floor

**Orange I**

\*ganseki nage, muto dori

\*demonstrate strength and flexibility training payoffs, continued class effort during workouts

\*spin back kick

\*grappling basics (positions, takedown), Judo form first 2 techniques

\*ku no kata (void form)

\* ichimonji no kamae muto taihenjutsu shoshinsha gata

\*stealth; ground techniques (levels)

**Orange II**

\*jumonji no kamae muto taihenjutsu shoshinsha gata

\*Koku – *empty space (double inside block, step outside kick up, boshi to kidney)*

\*continued hanbo development (see hanbojutsu manual)

\* jumping side kick, hook kick

\*flexible weapons training I

\*map reading basics, 2 basic knots

\*Judo form 1 (chokes and locks successive), first 5 techniques

**Orange III (advanced)**

\* Japanese ninjutsu history and culture; origins of **nine schools**, sokes

\*3 more knots, basic

\*hanbojutsu continued

\* escrima 5 angles of attack, general principles

\*hojojutsu; 3 more knots (5 total) and sanchin with flexible weapon, hand concealment, take downs

\*first aid including direct pressure, simple splint, pressure point, sprains, choking

**Green I**

\*history of ‘ninjutsu’ type strategies from different eras and culture, *hashishin, wolfshirts*

\*escape and concealment methods, In-Ton. *Camoulflage basics, mental/psychological, finding hiding places, rear lift-up training (indoor emphasis).*

\*continued flexibility and strength development – student should be comfortable with own body weight demonstrating greater skill at climbing, hanging, holding. Student should be willing to explain and follow basic nutritional guidelines in daily life to support continued physical and mental development.

\*spin crescent kick

\*grappling training including completion of the Judo Form 1

\*renyo; *palanquin of celestial son* (double inside block, step inside kick up vs kick, ura shuto, shoulder lock down then up and rearward to omote gyaku with mid kick)

\*read, study, understand Mr. Bolejack’s essay on the 5 elements, Gotonpo

**Green II**

\*European/Western history & culture; *shirkers, encamisadas, and sappers*

\*Shuriken; stars and knife basics

\*sword training; stances, grips, lines of attack

\*KATA: Shunu – *brave like a hawk* (stop the draw and cross punch to face, force sword into saya then redraw cutting opponent)

\*escrima hi-low and eight count

\*Muso dori and sakki jutsu

\*two, sword disarms

**Green III (advanced)**

\*Danshu – *springy hand* (shoulder grab and punch, block inside, begin rear takedown with kick to inside knee, then reverse with shuto to neck and throw forward) from Gyokko Ryu

\*Hosen – *sting of a bee* (step outside and snap kick to incoming knife hand, step with center blow, double foot jump to face or chest, from Gyokko Ryu

\***Ten Methods** *- koho junin no narai*; noise, natural following, opportunity made possible by complete sacrifice, recognize underlying principle for advantage at all times, stick to the goal, recognize incaution and negligence, evaluate individuals, examine and adapt to territory, study deep recesses of the heart, leave no trace. Discussion of these methods is not allowed outside dojo and family. From Shoninki.

\*blowgun; safety, practice, construction principles

\*free fighting/sparring intensive

\* spinning hook kick

**Blue I**

\*history and culture; *moshuh nanren, history of Koto Ryu “Tiger Knocking Down School”*

*\**Note: for Koto Ryu technical reference refer to the separate Koto Ryu manual. Much of the blue belt material is from this ancient martial arts lineage.

*\**Goho no Kurai Dori, five postures; Ichi (hidari), Migi, Hira, Bobi

\*Yokuto – restrain and throw

\*O Gyaku – to push and treat cruelly

\*stealth: night movement basics; skylining, night vision (natural), stepping techniques

\*continued self defense against grabs and chokes (IMA orange material)

**Blue II**

\*History and culture from around the world; *thugee tigers*

*\**Koyoku – resist and restrain

\*Shito – finger throw

\*Hosoku – seizure

\*Hoteki – abandon

\*Shato – diagonal throw

\*Keto – Hang and throw

\*IMA orange slipping set half

**Blue III (advanced)**

* *Hwarang*
* Saku Geki – squeeze and shoot
* Tan Geki – bear on shoulder and shoot
* Batsugi – pulling technique
* Setto – breaking throw
* Kyogi – resistance technique
* Ten Chi – heaven and Earth
* Kata Maki – single roll
* IMA Orange slipping set full
* use of communication and strategy to prevent infiltration, sowing discord and dis-array. This is basic leadership principles oriented toward greater harmony, peace, and fellowship as a prevention against effective disruption from outside forces. Applied to family, business, organization. Refer to Mr. Bolejack’s collegiate essay titled, “Big Mountain”

Brown I

* shelter basics (the why and needs of human body)
* tracking fundamentals; no ID just weathering, terrain, trail types
* Plants ID basics (5 with uses)
* trees ID basics (5 with uses)
* blade sharpening , basic carving methods
* alternate fire starting

Brown II

* counter tracking, continued exploration of ‘leave no trace’
* tracking II; ID basics, recognizing patterns of movement, gaits, common animals
* Plants ID intermediate (5 more with uses)
* Trees ID intermediate (5 more with uses)
* Simple traps (deadfall, snare principles and anatomy)
* Wet fires

Brown III

* Tracking III; further ID practice, introduction to pressure releases
* No trace shelter/camp test
* Traps II
* Smokeless fires
* Archery introduction
* Water safety, movement, concealment

Red I

* Escrima blocks 1-5
* Knife SD vs straight thrust, overhead, slash right, slash left
* Knife SD vs stationary rear R, L, C
* Knife SD vs stationary front neck

Red II

* Escrima blocks 6-10
* Bo staff; stances, basic techniques and moving/footwork.

Red III

* Escrima blocks 11-15