

Pronunciation

Vowels

<i>Sound</i>	<i>Phonetic symbol</i>	<i>English approximation</i>	<i>Example</i>
<i>short vowels</i>			
a	/a/	cat	Yokohama, karate
i	/i/	treat	kimono, sushi
u	/u/	good	sushi, samurai
e	/ε/	pen	hen, desu
o	/ɔ/	hot	otoko, tomato

Long vowels are pronounced in the same way as short vowels, but are written as *ā*, *ii*, *ū*, *ē*, *ō*.

long vowels

ā	/a:/	obāsan
ii	/i:/	chiizu
ū	/u:/	pūru
ē	/ε:/	sētā
ō	/ɔ:/	kōkō

In vowel combinations, each vowel is pronounced separately.

Vowel combinations (examples)

a + i	/ai/	samurai
e + i	/ei/	geisha

Consonants

Most consonants are pronounced as in English, with the following exceptions.

<i>Sound</i>	<i>Phonetic symbol</i>	<i>English approximation</i>	<i>Example</i>
f	/ϕ/	softer than in English	Fuji san, tōfu
r	/ɾ/	between <i>l</i> and <i>r</i>	biiru, gorufu

Double consonants are held longer than single consonants.

Double consonants (examples)

tt	/t:/	held for an extra beat	chotto, matte
kk	/k:/	held for an extra beat	yukkuri, gakkō
nn	/n:/	held for an extra beat	konnichiwa, onna

Bujinkan Ninjutsu

Requirements for Promotion (high detail version)

- *form*
- *accuracy/realism*
- *speed/power*



10th Kyu (Mukyu)

- Appointed

9th Kyu (Kyukyu)

- Shikin hara mitsu daikomyo – A strong heart = a strong mind; there is always the possibility of enlightenment in every experience.
- Onegai shimasu – *Please* (have a good training session / train us).
- Domo arigato gozai masu – *Thank you* very much.

Gogyo (5 elements)

- Chi no kata – block + 3 finger strike
- Sui no kata – block + inside shuto
- Ka no kata – block + outside shuto
- Fu no kata – block + bushi
- Ku no kata – block + distraction + kick

chi = *earth*, sui = *water*, ka = *fire*, fu = *wind*, ku = *void*

Kihon Happo (8 Basics / 8 Directions)

- Ura gyaku – *inside wrist reverse*
- Omote gyaku – *outside wrist reverse*
- Hon gyaku – *main reverse*
- Ganseki nage – *rock throw*
- Musha dori – *warrior capture*
- Ichimonji no kata – *straight line form*
- Jumonji no kata – *character 10 form*
- Hichio no kata – *flying bird form*

Kamae No Kata (Postures)

- Ichimonji no kamae – *straight line posture*
- Jumonji no kamae – *character 10 posture*
- Hichio no kamae – *flying bird posture*

Fudo-ken (Strikes)

- Fudo – fist
- Shuto – sword hand
- Bushi – thumb
- Shaken – knuckles
- Shuko – claw
- Ippon ken – thumb knuckle

- Tetsui – hammer fist
- Sanchin – 3 finger strike
- Kakato – heel
- Kikaku – forehead
- Enpi – elbow
- Ihen – toe kick
- Hiza – knee

One minute of rolls

5 techniques using ukemi (rolls)

1. 2 hand grab: musha dori + back roll yoko nagare (leg extended back roll).
2. punch: outside block, roll forward at 45° and shuto his calf on passing.
3. kick: yoko nagare block + back roll.
4. kick: outside block, slide block arm under leg & turn up to catch leg in crevice of elbow, then leg bar w/ other arm & force leg & opponent straight down to ground & roll over & away.
5. punch: inside block + outside back arm swing + arm bar to ground on his stomach + roll across back.
6. punch: inside block, roll away at a 135° from your inside lead hand.
7. punch: inside block, yoko nagare his lead leg and roll back.
8. 2 hand grab: 2 hand grab opponent, yoko nagare (straight leg roll) down and throw opponent over, using knee for additional support. Once over, drive heel into his chest. Do not let go.
9. 2 hand grab: 2 hand grab back, fall back, brace foot on opponent's chest & pull him over you. Let go to allow his momentum to carry him forward.

Tsuki (3 simultaneous punches)

Keri (kick)

- forward stomp kick, both sides, & rear

- **John 3:16** (recite by memory)

- **Spiritual/ethical/moral course** (recommended, but not yet required)

- Read book “Ninjutsu: History and Tradition” by Masaaki Hatsumi

- Watch video “The Ninja Art of Grandmaster Masaaki Hatsumi - Vol 1 - An Introduction To the Techniques of the Togakure School” by Masaaki Hatsumi

- Gradings always require a 50% attendance rate, or better.