

# Newsletter "The Source"

## Q and A Sessions

with Richard J. Van Donk, Shihan

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**Question:** What was one of your most synchronistic experiences with Soke Hatsumi?

**Answer:** Soke Shrine story    Fri, 10 Jan 1997

I was very fortunate to be in Japan when Soke Hatsumi moved out of his house when it was rebuilt. I helped taken down the Kamiza (Shrine) with Manaka-Sensei at 3am. I also by coincidence came back the day he moved back in some 7 months latter. Manaka-Sensei and I built the shrine and put it up again in the new Bujinkan office. Moving out I held and examined many, many old weapons even some hidden under the floor boards of the old house. On the moving in among many other things I carried the box that held the scrolls. Soke took some of them out and showed them to us. This as you can imagine was quite exciting for me. There has never been a time that I wanted to know fluent Japanese and old Chinese Kanji more than at this moment. What is in the scrolls I can't tell you. The future will have to tell this matter. I already have more information that any one person can master in one lifetime already.

Happy Training!

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**Dear Mr. Van Donk:**

I have been studying ninpo for about two years in the Midwest. I just purchased some of the black belt home study courses to supplement my training. I have enjoyed them immensely and they will be a valuable asset to my training. I did have some questions I hope you would answer. In the video ( I think its 3rd kyu ) you demonstrate moving out of range from a punch. When the attacker fully extended his arm your face was about a foot away from his fist. You mentioned that one should "feel" the energy emitted from the opponent's hand. This is what guides you to safety versus only using sight. However, you really did not mention how one "feels" this energy. What drills can I perform alone or with others that will enable me to sense this energy? In the 95 Tai Kai naginata video Dr. Hatsumi frequently mentioned to capture the "feeling" of what he was doing. What is he talking about? Is it identical to the "feel" in your video or is it something different? How does one as Dr. Hatsumi says "Capture the feeling"?

**Shihan Van Donk Answer:**

The art of Ninjutsu is a feeling art. Sensitivity comes through constant training. Touching

is one form of feeling. Learning to feel the energy and intent of the attack will again bring your humanity back out.

Close your eyes when someone punches and learn to feel their body coming towards yours. Once you touch someone close your eyes and take them to the ground.

Practice these first. There are many drills. If you can come to our Mastering Ninjutsu Camp we will help you learn this.

Happy Training,  
Shihan Van Donk

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**Dear Shihan VanDonk,**

What importance, other than procreation and temporary ecstasy, does sex play in life and spirituality. I know that it can be a very beautiful thing but it can also be very damaging at the same time. Please give me your views on this dilemma. Thanks for your time, —Jon  
6/12/98

Jon,

There is no dilemma enjoy your life. Choose what brings you joy. When you know joy then you can keep it forever and will not chase things in life to falsely get it. Suffering is not the path to Ecstasy or Enlightenment. Be fulfilled in the joy.

Shihan Van Donk

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*"It's not so much getting a Black Belt  
as it is in what you become in  
the process."*

—RVDonk