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# SHINKEN



LATINOAMERICAN BUJINKAN MAGAZINE

Hatsumi Soke Interview  
with Shihan Richard J. Van Donk

Master Van Donk advices us  
How to be a better martial artist

II Ninja Gasshuku IBDA Colombia

Hanbojutsu

And much more...



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# The New Technology of Communication

Hello to all the readers of this publication. Shinken is pleased to release its second edition! It is an honor to share this wonderful material with you...the readers. I want to dedicate a few short lines to speaking of the Internet. The internet is a wonderful mass media vehicle of communication that can approach people easily, accelerate business processes, and provide a vast library of information. But like all social contexts (although virtual) it is prone as such to undergo the same evils that society comes up with in the real world. New technologies used properly in a positive way can aid humanity to grow and develop in a positive way, but the use of them in an inadequate manner can seriously dehumanize us and creates a backward and even criminal movement in our development. True knowledge used to be hard to come by and treasured when found. In this era of so much "free" knowledge and information on the internet it is even more important to know what information is accurate and true (or at least attempts to be) and what is not. The internet provides a vast amount of pseudo-information, which is extremely harmful to those who are looking for accurate information, as well as to those who accidentally stumble across it. It has been invaded by pornography and is used by many socially disoriented people to commit abuses against society and legitimate organizations. Unfortunately the same capacity the internet has to be massive and far reaching in a good way also makes it an attractive tool for many delinquents, swindlers and deception makers. The Bujinkan has seen and identified the harm in these acts, in which you can find videos of Sensei and instructors of various ranks providing programs that give a practitioner confidence in combating such ills through skills that the Budo practitioner must have, as well as develop. Such techniques can provide a sense of confidence that will enable the practitioner to carry himself with vigilance, confidence, and the ability to act efficiently as well as accordingly. The Shinobi no Mono, as a person trained to work with information, has the responsibility in these times to teach how to identify and combat those individuals who threaten our country, liberties, and way of life. He must have the intelligence and cunning to defeat these problems, to reject mistaken information and not pass on false teachings. As Soke Hatsumi says "[the] power of Budo is to be shared and safeguarded." But the question is with whom do we share these teachings in ensuring a positive change within our generation, as well as with future generations? In light of this, who do we trust to be in agreement with the level of confidentiality that our techniques should be handled with? Day by day I am losing these concerns, for the teachings of the Bujinkan is truth to those who understand the Budo of Soke Hatsumi, the Divine Warrior.



Ricardo Zapata  
Director Editorial



Sensei Hatsumi's gift to Ricardo Zapata.  
Kanji BUJIN (Divine Warrior).

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# Hatsumi Soke Interview 3/96

with Shihan Richard J. Van Donk

RVD= Richard Van Donk

**RVD:** What is the new BUDO TAIJUTSU of the Bujinkan?

**SOKE HATSUMI:** Everything I have ever been teaching is now coming alive and the true Bujinkan is now here. I am teaching very fast. People will be left behind in the dust who do not come train with me right now. They will be left behind in Ninja mentality or even Ninjutsu. Ninpo taijutsu is only one small part of a vaster art that the Bujinkan dojo schools of mine represents.

Only three of the schools teach ninjutsu and really only one of them has been taught openly (RVD: Togakure ryu? Soke Hatsumi: Yes.). I am weeding all the weeds out and there will be some flowers that get pulled along with them. Many people may be leaving the Bujinkan because they don't understand my true Budo. If they are strong they will survive. I am teaching life, living form. I only want serious true Budo practitioners to come and train with me. There is no sense in wasting each others time.





Budo Taijutsu is a true living form not something static in form. They all want techniques, even some 10th dans want form, they want the waza technique. Techniques without feeling are worthless in real living. 10th dans who have not trained with me in the last 3 years of Bojutsu, Yari, Naginata, Daishosabaki will be shodans in the art soon because I am moving so fast with the training. There are people right now who are training in Japan that have a low dan grade that are better than a lot of tenth dans who have been training a lot longer than them.. This is because the level of teaching is so progressive. This year is the katana with many lengths. Next year we will learn the distancing of all the weapons. You must catch the feeling of the proper distance. (Ed. Note: I can testify that the level of training is much more complex, precise, and more effective. This is truly a magical time to be involved in Soke Hatsumi's Bujinkan).

**RVD:** You mentioned last night how bad the internet is.

**SOKE HATSUMI:** I am very unhappy with the Internet because it will cause people to be caught up in their brains and not use their minds for themselves.



There is a lot of information on it and most of it is wrong but people don't care if it's wrong they are just happy get to all the information. This will teach people not to think for themselves. Be careful with this. A high ranking senior Shihan teacher in the U.S. on the Internet (I won't say the name although Soke was very upset and used his name not very highly at every training) has stated that you should not come to Japan to train with me because I (Soke Hatsumi) and other Shihan teachers don't teach real fighting techniques that will work in a street combat situation. He (This teacher) will offer real fighting to other Bujinkan people through the goodness of his heart because they could not get it in Japan. This is craziness. This person is an example of what not understanding true Budo is. It is also because he came a long time ago when he was too immature to understand and since then does not come and train as he should. He has now separated himself from the Bujinkan with this kind of thinking. This is why it is so important to come and train with me, Richard, at least once a year.

(Editor's Note: Soke was irate at the least. I have personally been to Japan about 20 times to train and I can tell you training in Japan is very effective in real combat. Go there for a while and find out for yourself.)

**RVD:** Please explain this feeling you teach and want everyone to catch from you.

**SOKE HATSUMI:** The feeling is the most important thing in Budo or life. It is a living and breathing thing. It has to flow- it is its nature to flow. It's like Kaze, but to be the wind but also the effects of the wind. Sometimes you need to be like the paper (Hatsumi used the word "Gomi" garbage) in the wind, flowing even wrapping around something like a pole. It is happy to be wherever it is, it is not fighting its direction or destination. Sometime you need to be like that paper in the wind. In your taijutsu you can also be like a tornado that spirals and spins and then goes down. They will be caught up in the vortex of your energy even if they initiated the attack. This is why you need to train and feel, get to know this inner essence. I work everyday on freeing the living form and the living light.

**RVD:** What is the most important thing for the Bujinkan right now?

**SOKE HATSUMI:** People need to grow up and be adults and quit talking about each other and spend the time training instead of talking. No one is good enough to be criticizing anyone else.

Many, many people will be leaving the Bujinkan this year because they don't understand my feeling and the true spirit of Budo. Truthfully so many people come and need ranks and such that I almost don't have time to do them. I never looked for the Bujinkan to grow this big. I have never been in search of an organization. This is not the true path for me. It just grew when I began to share it with others as my teacher Takamatsu asked me to. This has been a great responsibility and not always as great as it seems to be the Grandmaster. It took me many years to understand and grow into what Takamasu-Sensei left me. I am not really a teacher. A teacher has many levels of responsibility, I don't have an organization because of this and neither should anyone else. It needs to grow on its own as it has for me. If a high-ranking instructor learns the wrong things and they are recognized as a leader in their country and they teach the wrong things it is the same as invading that country with a virus when they go home.

The whole country is affected and the Bujinkan is affected. All the bad wood will now be separated off the tree. Catch my true Budo Feeling. Learn it for yourself. It is a treasure and treasures must be shared and guarded. No more talk just keep training. (Ed. Note: Enough Said)

**RVD:** Thank you so much.

初見良昭

## Soke Masaaki Hatsumi





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# How To Be a Better Martial Artist

## Part One

LESSONS

*Hi I'm Richard Van Donk director of the International Bujinkan Dojo Association and Co-founder of Bushindo Martial Arts University. Over the last 35 years I have had the good fortune to train with many great Grandmasters and have brought many students to master level myself. Enjoy this brief report on some master keys to becoming a better martial artist.*



### Martial Arts begin and end in respect

Respect yourself, respect others and respect the art you train in. If a student does not respect these things how can a teacher trust handing them life-threatening knowledge? If you cannot speak with good purpose then don't speak at all. If people are being negative move away from them and watch your back. Remember that your training is for YOU so do not rip yourself off by wasting vital energy on useless battles, thoughts or even words that don't build you into a perfected human being. Work on gaining your own personal power and do not give it away to trivial matters as lesser people do. Be a better example.

### Know why you are training

Know what the training is giving you and never lose sight of it. It is a most valuable asset and other people, not understanding its value, will try to take it from you. And above all else "Know Yourself".

### All martial arts are great and have their purpose

Go to as many different kind of dojos as you can and at first just pay a mat fee to try the system out. Buy or borrow from a friend a few videos of the top master teachers of an art to see if that is the kind of practice that you want to invest your life into. Do not judge the entire art just by the teacher either. Many teachers are very good practitioners but have not learned properly how to share their art. Then, after having experienced different styles, choose one system to be your primary martial arts system – train to at least a BlackBelt in that system before mixing in other martial arts.

For my primary system I would choose the one that I felt best and most natural doing because you will



invest more time and effort into what makes you feel good. Examine your system as to what may not be emphasized in it and then learn techniques from a system that specializes in that aspect specifically (for example, a sword system may not have any instruction on ground fighting in it.) BUT be sure to keep your main system alive as your foundation. So now you've been training several years and you have your black belt. You're hot stuff, right? Do you think you're finished? Congratulations, getting a black belt is a huge achievement as only maybe one in a thousand that start training will ever achieve it BUT remember that black belt is only a very beginning level to a master teacher. It means only that you have demonstrated enough skill and discipline and have the basics down enough to now be ready to be taught. So if you think that a master will teach you all the secrets of the art before achieving a black belt level keep dreaming. In fact a Yondan is just about ready to learn the deepest teachings. Your black belt should be a base and foundation of your art's teachings. The additional dan levels should teach you how to apply that knowledge while increasing what you learn.

### Martial Arts are a way to perfect yourself

A master looks for those students who want to study the way of his art and not just the techniques of the art. He knows that the journey is the destination. The inner lessons perfect the outer lessons and the outer lessons perfect the inner lessons. Strengthen the body and you strengthen the mind. Strengthen the mind and you strengthen the body. It must get right on the inside before it gets right on the outside and true Budo is a way of living.

**Master Richard Van Donk**  
Judan Kugyo Hapko Biken

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**Pick a Teacher / Mentor / Role Model**

You need a Teacher / Mentor / Role Model to bring out the best in you. Even the best of the best in every sport or profession have a coach. Choose a teacher that is doing what you want to do. Do whatever you have to do to develop a personal relationship with him or her. Send them things. Keep in contact. It is up to you to do that. A very good teacher is busy with many things and will usually keep in contact with only those students that make the extra effort. Get in front of your teacher as often as possible. My Ninjutsu teacher lives more than 5,000 miles away but I find a way to go train with him at least 2 times a year. I take great notes and go back and train on everything shown until I need the next lesson. My good students are the ones who arrange their lives so that they can come train and hang out with me. My best students are the ones that go deeper into the way of the teachings by scheduling private sessions so they can learn the kuden (oral transmissions), deeply integrate their taijutsu and learn the life changing philosophy of the art. If there is a good dojo near you then take advantage of it. If you are a self-motivator and the art you want to study is not nearby try a distance-learning course and go to seminars or get private one-on-one sessions from a master teacher twice a year to keep your training on course. The truest teachings are transmitted from teacher to student directly when the student is ready. Build that relationship as deeply as possible and it may last your whole life if you are fortunate.

**Get the best education that you can**

Your martial arts training will change your life so you want to get an A in this one. Learn all you can from wherever you can. Start a learning library by getting every piece of information that you can from your teacher and then others on your martial art system. I have collected every book (including all the out of print, impossible to get ones), publication, video tape, DVD or information piece that my instructor has put in print plus another 100+ videos of him that are not on the market. I collect all of his students' material as well. Over the years I have established a university library of information on martial arts and related life enhancing subjects. Now I know that all students are not scholars nor do they want to be. For them I say do some research first and then get only one or two of the very best works on your



art and study them until they fall apart. Then choose another book or DVD. Oh ... and for the scholars - don't forget to actually study all the material that you collect!

**Study something daily**

Martial arts are a way of life so you must do some practice daily for it to become a part of you. Do a 15-minute routine mini-practice, watch a few video clips, read a related book, visit the forums (like [www.NinjutsuForum.com](http://www.NinjutsuForum.com)), or have a discussion with a martial arts buddy. Be sure to do something everyday to make martial arts your way of life, in other words, don't just learn a few moves on Wednesdays. Visit the dojo or schedule time with a buddy studying a distance-learning course at least 3 times a week for at least a 1.5 hour training session. Do your stretching and warm ups to keep in shape on days when you are not training.

**Get a notebook and write all your lessons down**

Write your lessons down whether the training is in person with a sensei or you are studying a training DVD. While training with Ninjutsu Grandmaster Hatsumi in Japan I took notes at every class and even made notes on the notes when I trained by myself after. These training notes became my instructor's notes when sharing with my students at the dojo. Now these notes have become dan-training manuals for my students so they can learn more for themselves. And soon my very personal insight notes and deeper teachings will be added to a Ninja Gold Vault (at [www.Ninjutsu.com](http://www.Ninjutsu.com)) for the really dedicated students who want to become teachers themselves. I want to give to my students what my teacher did not have the ability to give to me a solid roadmap to study.





**Training gear**

As my ninja friend Bud says in battle, "If you die we split your gear." Those who have toys must play with them. Buy or make some training gear, like a 3ft staff, wooden sword, 6ft staff, short rope, and a training knife. Heh, if you have all that stuff around you are bound to pick it up and play with it. I am assuming that your art has weapons in it because what martial art should be without them? Go figure, I am a Ninja and Eskrima guy so I like toys.

**Ranking**

This is between you and your teacher PERIOD. Never take a rank given to you by another teacher other than your own in your art without discussing this first with your teacher (who would most likely have already ranked you if you were ready). The kind of teacher that ranks other people's students is only after their own gain. If you take this new rank then understand that you have chosen to leave your teacher for the new one and that you have made rank more important than the way of the teachings. Will that new teacher be there for you when you need help in your training? Do they really know you? Perhaps you were really 'on' that day and they saw some of your strengths, but it is not our strengths we need help with, is it? It is our weak points. Rank will come. Knowledge and a mentorship relationship are much more important. A good teacher will help you empower yourself. Be prepared for personal power surges and talk with your teacher before you split from them. An aspect of this training is that you will free your personal power and you will actually have power surges. At this point many students think they have learned it all and are as good as their instructor. They think he or she has nothing more to teach them and they split. Always remember and respect how far that they have brought you. It is a shame when a student splits right before the student is ready to be taken to the highest levels. It happens to every master perhaps the universe is protecting the teachings from those who only want power and technique and not to learn the true Budo way. My friend Shihan Mark Hodel once said something that I really agree with. There are 3 ranks. The one your teacher gives you, the one you grade yourself at and the one that others grade you by. My goal has always been for these to be the same. A rank is just a piece of paper from your teacher that says that you have reached a certain level of study with him or her. Always remember that knowledge and relationships are much more important than rank.

**Training Side Notes:****On Forums**

Stay off the disrespectful-to-each-other forums or where "My teacher is better than your teacher" exists. How is it that students that are not yet even black belts are criticizing 10th dans? This is utterly ridiculous. If these students trained as much as they talked they could one day be a master as well yet I doubt they will master anything. Go only to positive forums that really answer training questions. Your time on this earth is valuable so spend your valuable time wisely.

**On Training**

Do it often. Have fun doing it. Always look for one new lesson out of any training. Go just a little beyond what you think that you can do without injury. Drill the move over and over again. Drill and Drill again. Did I say Drill? Yes, do it until the move is automatic and then learn to combine all those drills into a continuous flow. A few hours of sweating while going beyond what you

believe your limits are paramount to your martial arts ability. Go to camps and seminars so that you can meet new lifetime-long friends and so that you can see people at all levels train. This may be your once in a lifetime opportunity to meet masters. You will be inspired and inspiration is what keeps the training alive. Keep those feelings, drive and passion going.

**On Martial Arts DVDs/Videos**

I own several hundred martial arts videos and this is my study secret. Get a good playback deck (think of it as a university tool) that you can fast forward and rewind at various speeds including slow motion and has NO lines when you do it. I first watch the entire movie in fast-forward and then in reverse fast forward. This burns it in my mind like a real fight would happen. I take a break and then I watch the movie in regular speed forward. If I have the time and it is very important then I will watch it in regular speed reverse. Then I will study the movie practicing part by part myself. Then I will call a training buddy to come over to work on the material with me. I do this so that the learning goes in several modes into my brain and body and it works marvelously. There is also another huge video training secret that I have but you will have to ask me about it in person sometime, as it is a kuden (oral transmission only.)



## **Win at all costs**

Do not get caught up in battles that do not concern you.

## **Be natural -**

Train in nature when you can. Learn the nature of yourself. Learn the nature of others.

**Learn Meditation** to increase your inner peace, concentration and focus

**Learn to flow**

**Posture, Center and Breath**

**Use the Spine**

**Feeling Art**

**Distance is your Ally**

**Power of Posture**

**Make the ground your friend**



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- Enhanced Confidence
- Personal Discipline
- Commitment to Action
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## **Would Sell your BlackBelt experience for \$50,000?**

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## Cristian Petroccello In Colombia

Experiencing the first seminar of Shihan Cristian Petroccello in Colombia  
by David Palau, Shidoshi (Colombia)

The first seminar of Shihan Cristian Petroccello finished on September 16th and 17th. The event was held in the city of Bogota which included 30 participants, as well as a practitioner from Venezuela. The theme of the seminar was Kukishinden Ryu and weapons; there was also a class provided for black belts who were interested in studying Koto Ryu.

The seminar was held in a spectacular setting. I have to say that training with Shihan Cristian Petroccello and studying his understanding of Kukishinden Ryu was an unbelievable training experience, as well as experiencing his friendliness and knowledge. I truly believe this was a new and exciting event for Colombia in which a Shihan of his stature was so willing to share his knowledge with us. Just as Shihan Petroccello does, it is our responsibility to always work to ensure that Budo is spread and that the Bujinkan grows.

Thanks goes to the **Shinken Newsletter** for this informative bulletin.





## II Ninja Gasshuku Bujinkan Cali

By IBDA BRANCH DOJO COLOMBIA

A grand encounter concerning intense training took place with students loyal to the Budo Taijutsu of the Bujinkan. This is the second time in one year that our group received instruction directed by the IBDA of Columbia. Shidoshi Ho Ricardo Zapata, director of IBDA branch Dojo Columbia traveled with two students to Cartagena to make this encounter filled with culture, joy, martial arts training, and live demonstrations for the Bujinkan Cali led by his brother Roberto Zapata.

### Private Courses Led by the Bujinkan (Nov. 7-13 2006)

**Shidoshi ho Zapata** offered private courses in study levels found in the IBDA, which permitted personal growth to the participants.

Private courses of study, for example eighth kyu and sixth kyu, were provided to distance learning students for one week during a training session in Santiago of Cali. Leaders of the Bujinkan is a program that provides a special way in understanding the studies, with one on one instruction with Ricardo Zapata; allowing an increase in level and understanding through practice. Furthermore, with the traditional and rigorous one on one coaching of the martial arts, an important time is shared between student and teacher where life applications are learned through the way of Ninpo. Roberto Zapata (leader of IBDA Cali) received special commendation as assistant to documentation and training at our dojo in Cali. Those who want to practice and be part of authentic Budo Taijutsu can, with confidence, and as part of IBDA Cali, traverse with the Makoto Dojo.

### The Second Camp of the Year (November 11 and 12 2006 in Buga)

IBDA Columbia was involved in a two-day event at a prestigious 4 star hotel in the city of Buga. This encounter was filled with joy, peaceful scenery, and involved a great deal of training. One look at the Taijutsu of Kukishinden Ryu Hanbojutsu, Gyokko Ryu Kosshijutsu and Shinden Fudo Ryu Daken Taijutsu, and you will see the fluidity and basic techniques of the three schools provided by the leader of the Bujinkan, Soke Hatsumi. The Hanbojutsu of Kukishinden Ryu (Uchi Wazas, Gyaku Wazas, Kamaes) was one of four themes, combined with the look of Kihon Happpo of Gyokko Ryu, as well as with the natural feel of Shinden Fudo Ryu.

武連合  
神館道場  
国際

**Ricardo Zapata** applies techniques of the Kihon Happpo with **Roberto Zapata** (Director of Bujinkan Cali)



# Il Ninja Gasshuku Bujinkan Cali 2006

By IBDA COLOMBIA

## Rank Promotions

The final event involved certification and rank promotions to candidates. Those who received promotion are as follows:

Isaac Zapata  
David Zapata  
Kevin Muñoz  
Jose Miguel Arrieta

**Ricardo Zapata** (director of the IBDA Branch Colombia) personally presented **Roberto Zapata** a certificate sent by and validated by **Soke Hatsumi** of Japan and **Shihan Richard Van Donk** (International Director and founder of IBDA).



武神  
連合  
館道  
場  
コロンビアの  
国際

**Roberto Zapata** during private training with instructors of the Bujinkan

SHINKEN

More photographs can be seen at:  
[www.ninpoecolumbia.com/fotos](http://www.ninpoecolumbia.com/fotos)

REVISTA LATINOAMERICANA BUJINKAN



# The Bujinkan Panama Branch on Television

By Fernando Fabrega / Bujinkan Panamá

Hello Buyus,

In October, the Bujinkan Panama branch had the grand opportunity to appear in two famous television programs aired in my country.

The first interview lasted about 30 minutes on a program titled "To Be TV Street Art (Channel 11). Several practitioners and myself demonstrated techniques while explaining the history of the art, the benefits a person gains from training in the Bujinkan, and the difference between the true Shinobi No Mono warrior, compared to the false - murderous Shinobi No Mono portrayed in the movies. We also conveyed that our art is practiced with respect, humility and discipline. In addition, we explained how important it is to carry oneself throughout life in a healthy, positive manner. In turn this will enable the practitioner to accomplish many achievements and learn how to protect himself from danger. The second interview lasted about five minutes on a show titled "Code 4 of RPC/Channel 4. This program is extremely popular in the Republic of Panama. Furthermore, we demonstrated as many techniques as possible, as well as discussed the practice and belief in self-control, thus avoiding unnecessary conflict or problems. The most important point I tried to convey involved the idea that this is an art which involves a lifestyle, practiced through respect and love for others.

## BUJINKAN NEWS



# 武神





# Win or Lose

By Sergio Salas, Shidoshi Ho  
Bujinkan Costa Rica



These two words have always been relevant to many people involved in the martial arts. Almost every time, the relation between competition and situations in life involve these two simple, but powerful words. Many people who may read this article perhaps feel like victims or worse, even wounded...but to win or to lose does not really mean anything. Why is that? The answer is simply because everything is relative. If you plan a trip, and you injure yourself before the trip so you can't go, people will say, "Too bad, I heard you lost out on your trip!" But what if while on that same journey you were planning to take, all the passengers died in an accident. At this point you would say, "I lost the flight towards death, but I gained more time to live with the beings that I love." It's all relative.

Despite whatever martial art a person may practice, to understand the phrase "win or lose," can change a person's journey in life. Some people train to win, while others train to survive. The question is... how do you train?

In the Bujinkan, we learn that the word "defeat" does not exist, instead we say we have been given instruction to help teach us to overcome any obstacle. If you place your focus on what you have gained (championships, recognition, rank), then you only demonstrate a low self worth and a childish ego desire to be recognized by all. It is through this poor approach that many are lost because they cannot see the shining virtue of the martial arts (Butoka Iko). If the truth you look for is "to win," then all that you do will be in vain, for in the universe everything has a principle and an aim and no person can always win just as no person can always lose. If you are a practitioner of the Bujinkan you know this concept and your attitude is not to win or to lose but to adapt to what comes.

In light of this, your mind remains clear and without emotion before whatever challenge takes place. It is this attitude that allows us to see what others cannot...through focus. Therefore, change the words – instead of "win," change the word to "experiment," and for "lose," change the word to "understanding a lesson." By removing the ego and obtaining truth we learn who we are and we will be conscious of what surrounds us. We understand what may be a wrong approach or way for us; therefore, we are taught what is right...the question is do you have the honor and humility to accept this truth?

武神



# The Birth of a Dojo

By Sergio Salas, Shidoshi Ho  
Bujinkan Costa Rica

There is much leadership involved when planning to be an instructor of a dojo. Please pay close attention to the lines that follow. All of the following information is based on my person experiences. If you want to be an instructor: lead by example, and begin class in a punctual manner. Therefore, students and peers will develop respect for you, as well as have confidence in you dedication and respect for the art. In addition, in order to become a good instructor, a person must **first** and foremost be a good student and recognize the responsibility that this carries.

**Second:** you must not demonstrate pitiful technique. Remember that all instructors of the Bujinkan train for years to acquire their skill. Do not aspire to teach that which you do not understand; with humility and patience, one can reach their objective. Practice as many times as you can and never yield to this teaching. Also, one must have an unwavering, unbreakable character for the tests that follow in one's training.

**Third:** if in your dojo you provide children's classes and you assist your Sensei with these classes, act with diverse personalities and observe how your teacher conveys these personalities in reaching different learning styles. In addition, one must take mental note in acquiring experience from one's own teacher.

**Fourth:** push yourself for your own good. Treat your studies as if they were studies in a University. Keep in mind that being an instructor is much like being the father or mother of a family, therefore one must be an example for the students. This is where one enters a crossroads...how can you help others if you cannot help yourself? You may have the best technique in the world, but if you cannot better the world, then you might as well forget about being an instructor.

**Fifth:** as the years pass, conform to commitments in such a way that are useful. As time passes, search for students who are most adept in handling responsibility. Be sure that these students are the best to support your teachings, as well as provide growth for others in the dojo.

**Sixth:** be careful with the mirror of hope. At times, when one acquires his first group of students, one begins to see advancements that one hopes or wants to see. An instructor must keep in mind that he should test the students who are prepared and ready to test. He should take note of their performance concerning techniques, knowledge, fluidity, demeanor and focus prior to testing. The student should also be aware that the test is a recap of knowledge and only a small step in the journey. In addition, if the student does not have an open heart, then he can expect unpleasant surprises throughout his training.

**Seventh:** not all your students will become instructors, but do not take too long in bringing up the idea to students. Allow them to decide for themselves, and you will find which of those who will pursue the idea and achieve it. **Eighth:** the dojo or local of training should have an adequate roof in protection of the weather and climate, as well as have conditions that provide an environment safe for the practitioner.

**Ninth:** you should always comply with the requirements of the Bujinkan in order to receive recognition for one's work.

Keep in mind that these guidelines will serve you well if you decide to become an instructor. These guidelines will allow you to witness your students' growth in all facets of life, leaving a generation of instructors who will safeguard society long after we are all gone. You must accept this mission with all your being and never give-up.



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# Hanbojutsu

## Sanjaku Bo

By Ricardo Zapata  
IBDA Branch Dojo Colombia

## TECHNIQUES



This conventional weapon is a weapon found to be within 3 feet in length, equivalent to 3 shaku – Sanjaku Bo (a shaku is a method of measurement in Japan). The hanbo is exactly half the length of a rokushakubo (six foot staff), primarily based on techniques found in Bojutsu. This walking stick has many uses and can be found almost anywhere. The hanbo can be used to strike, block, strangle, or be thrown at an opponent, as well as provide an excellent and effective close quarter defense against knives.

The techniques of the hanbo are very similar to the techniques used in kenjutsu. This is why the techniques found in Shikomizue (cane sword) are so relevant. In this martial art, you will find several techniques that will prepare the student in use of Shikomizue and the hanbo.

These techniques can be found in the Kukishinden Ryu school, just one of nine ryuhas studied in the Bujinkan. The tradition of Kukishinden Ryu was transmitted to Takamatsu Sensei through his teacher Matsutaro Takekage Ishitani (who passed away approximately in 1911). This art has many facets to the study and approach of combat. Soke Hatsumi is the 28th Soke of this ryuha (Kukishinden Ryu Happon Bikenjutsu).



Katayaburi no Kamae



Hirachimonji no Kamae





It has been said that hanbojutsu can be traced back to the beginnings of Japan. This weapon is believed to have been utilized by warriors during battle. If a warrior's yari (spear) or naginata (halberd) split in half on the battle field, then the warrior could effectively use the shortened staff through the techniques of hanbojutsu. This relates to a historical clash between Yamato Takeru No Mikoto with Izumo Takeru. Yamato delivered a single blow with the point of his staff, which defeated and knocked down Izumo. Another related incident involved Ookuni Taro Takehide who battled with Yashiro Gonnosuke Ujisato. The staff of Ookuni was split in half during the clash, in which he used one of the points of the staff to stab Yashiro and defeat him. In retrospect, this clearly is an example of hanbojutsu, therefore indicating a definite need for techniques that utilize short staffs in case a yari or naginata is split in half during battle. Hanbojutsu is introduced to the student at 8th kyu in the IBDA and later expanded when the student reaches 2nd Dan (second degree blackbelt). Here, the student explores ideas with Shikomizue no Jutsu and advance levels found in Kukishinden Ryu Hanbojutsu (Okuden no Kata). The hanbo is definitely a training tool utilized to aid the student in mastering the sword, therefore preparing the student for the second level of training, the sword and the techniques of Kenjutsu.



Illustrated by Sebastian Zapata,  
Student of IBDA Columbia



# Hanbojutsu

## Sanjaku Bo

# 武神







## Events to come:

Allow us to list events held nationally and internationally to be recorded and announced in this section. Without cost, list your events and contact us at [bujinkan@ninpocolombia.com](mailto:bujinkan@ninpocolombia.com)

### Shihan Richard Van Donk

- Japan Daikomyosai, Nov-Dic 2006
- Ninjutsu IBDA 20th Annual Camp, Marzo 2007
- Japan Spiritual Trip, April 2007

<http://ninjutsu.com>

### Shidoshiho Ricardo Zapata

- Il Seminario Privado Bujinkan Cali, Noviembre 11 y 12 2006  
<http://ninpocolombia.com>
- Entrenamiento Privado Líderes Bujinkan, Noviembre 7 al 13 2006  
Santiago de Cali, Colombia  
<http://ninpocolombia.com>

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