



BUJINKAN BRUIN DOJO

Ninjutsu, the martial art of feudal Japan's legendary warriors known as the Ninja was born of necessity and self-preservation. Nearly one thousand years ago the Ninja were born amidst, and survived, some of the bloodiest and most horrendous times any country has ever seen.

“Nin” means endurance or perseverance, and if there is one characteristic which best represents the Ninja throughout the history of Japan, it is this. Today we are fortunate enough to be able to learn and grow from the experience of past generations of Ninja. Togakure Ryu Ninjutsu, presently in its 34th generation is an authentic ninjutsu tradition that has survived with an unbroken chain of succeeding Grandmasters for over 900 yrs.

Unique among master teachers of the warrior arts is the 34th and current Grandmaster Dr. Masaaki Hatsumi, who in the early 1970's opened the art to the western world so that we could understand a little more of ninjutsu than a few exaggerated legends and distorted myths. What followed was the founding of an international family of schools under the banner of the Bujinkan Dojos (schools of the warrior spirit). The physical and philosophical teachings of the Bujinkan system are an expression of the tried and tested concepts that have kept Togakure Ryu Ninjutsu alive for nearly a thousand years.

TRAINING METHOD AND SYLLABUS

The training method of the Bujinkan Bruin system involves little formality and no forced respect. The atmosphere is one of learning, with students communicating and co-operating with each other while receiving guidance from the instructor(s). The teaching method used has a three-fold purpose ; firstly, providing a realistic self protection ability that is going to work for the student on the street; secondly, ensuring that the ability taught is appropriate to the students skill level; and finally, developing an above average sense of self-awareness and self control in the practitioner. Generally, each class will involve one or two of the many subjects that are studied in the dojo. For example, it might be a class on blocking and striking, or grappling and throwing, or the application of weapons in self-defense. The pace of each class is created by one or more of the Bujinkan's four fundamental training styles, slow, soft, fast and hard. Each of these different styles offers students an important learning experience. Beginners are mostly exposed to slow and soft style. This provides a level at which one can easily understand and practice natural body movement, as well as develop co-ordination and balance. With the co operation of a willing partner at this stage, one can experience and experiment with the aspects of distance, angling, timing and balance-breaking. Senior students frequently train in the hard and fast manner in order to obtain a uniform experience and understanding of ninjutsu principles at realistic combat speed. The syllabus includes training in the following subjects:

NINPO TAIJUTSU:

On a physical level, this subject covers the traditional aspects of ninjutsu combat methods which include:

JUNAN TAISO: Body Flexibility
DAKEN TAIJUTSU: Strikes, Kicks and Blocks

JUTAIJUTSU: Grappling, Throwing and Limb Control

TAIHENJUTSU: Rolls, Leaps & Evasions

On a mental level, placed in the controlled combat environment of the dojo, a student can quickly begin to confront emotions and attitudes that are not usually recognized in everyday living. These could be, for example: aggression, ego, shyness, fear of confronting personal limitations, even fear of failure itself. As students express any of these non-productive aspects of their personality, they are encouraged and guided to acknowledge and overcome them. Through this process we enable students to achieve a greater level of success in any and every area of their personal lives. Through the process of this training method students develop into mature martial artists, respected for their physical attributes and balanced character.



BUKI

Beginners are introduced to the application of weapons in self-defense, when they have demonstrated the appropriate level of self-control and co-ordination. Many traditional weapons are studied (within the limitations of the law) including:

BOJUTSU

Long, medium and short stick

NINJAKENJUTSU

Sword Techniques

TANTOJUTSU

Knife Techniques

KUSAARI FUNDO

Short Chain

All training is done under supervision, by senior blackbelts. All training tools are of a safe variety and padded.

The background of the instructors is varied and colorful and one that has real life experience in the many fields of human endeavor, that require the firm approach.

Throughout the year we invite several highly ranked instructors to give seminars. These have been well received in the past and will continue to be hosted in the future as an ongoing commitment to furthering the education of our black belts, and so ensuring the perpetuation of the warrior spirit.

FOR MORE INFORMATION

For more information please contact us at our web site www.bbdojo.com

We can also be contacted by email at info@bbdojo.com

Our web site has many links to other sources of information and contacts. There are many books on the subject of ninpo. (A subject that many people write about all too freely. The only way to learn this art is to train and to practice with a good instructor.)

Classes

The classes are by invitation only and new students are inducted at the start of the year. The first month of training is usually given over to finding the natural abilities within the student and not forcing them to conform to a particular curriculum. Each student is treated as an individual and taught on an individual basis. This approach does not lend itself to large classes or mass produced martial artists but those that do attain the rank of 5th dan and above are some of the few....not the many.

Schedule

Mon/Wed/Thu evenings - 7pm-9.00pm
Tue evenings - 7.30pm - 9.30pm

Classes are 2 hrs in duration with water breaks during the course of the training.

