



Getting Ready to Test

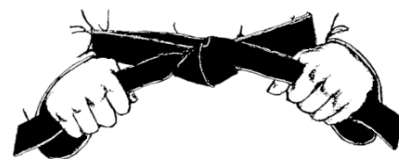
It seems everyone wants to test. But how do you get ready? A few simple things help anyone looking to test from Whitebelt through Blackbelt. Everyone has strengths and weaknesses but each of us can work on the following skills.

FOCUS is perhaps the most important. If you don't see it, you can't do it!

BASICS are the foundation for every move. Remember your stances (*kamae*).

DISCIPLINE shows you are in control of yourself and ready to move up.

KNOW your testing requirements.



Testing Requirements

9th Kyu

Front Roll
Back Roll
Pair Kaiten Roll
Tskui Punch
Omote Shuto
Ura Shuto
Basic Boxing Skills
Open Door Muto
Step 45 back
Front Stomp Kick
Back Stomp Kick
Toe Kick
Ichimonji (Shizen)
Hicho (Kamae)
Chi no Kata
Sui no Kata

8th Kyu

Front Roll (Shoulder)
Back Roll (Ichimonji)
Pair Nagare Roll
Dive Roll
Tobi/Yoko Kaiten
4 - Cuts
Side Stomp Kick
Slide Stomp Kick
Shadow Boxing
Wrist Releases
Ichimonji (Kamae)
Hicho (Shizen)
Omote Gyaku
Ura Gyaku
Shuriken Toss
Ka no Kata

7th Kyu

Cartwheels
Dive Through Roll
Reverse Roll
Front Roll/Stomp Kicks
Back Roll/Back Kicks
7- Cuts
Out and In
Impact Training
Kick Defense
Double Grab
Omote tsuki
Omote Variations
Jumonji
Ganseki Nage
Fu no Kata
Ku no Kata

6th Kyu

Sword Pick-up Roll
Rolls from Push
Front Roll/Shuriken Throw
Front, Back, Dive Rolls
Osoto Nage
Uke Nagashi
Run Through
Omote Knife Defense
Ken Nagashi Knife Defense
Katate Nage Knife Defense
Musha Dori
Oni Kudaki
Kihon Happpo Combination
Mass Attack
Sword Stances
Sword Cuts/Blocks



How Our Belt Ranking System Works



Martial Arts for Education follows a traditional Japanese system of belt ranking. Our belt ranks are recognized by the *Bujinkan* based in Japan which oversees the teaching of *Budo Taijutsu* around the world. Unlike many of the sport martial arts we do not have the rainbow array of belt colors. We only have white, green, and black belts. Whitebelts are considered 10th *Kyu* and when they pass the first test they move on to the first level of greenbelt which is 9th *Kyu*. The higher the rank the lower the *Kyu*. First *Kyu* is the highest greenbelt rank followed by 1st Degree Blackbelt. After that the ranks go up—2nd Degree, 3rd Degree Blackbelt, etc. Robert Sensei is a 15th Degree Blackbelt and a *Daishihan*.

As you move up in rank you still do lower kyu requirements but at a higher level.

For example, at 7th *Kyu* you must improve your ichimonji, hicho, and basic rolling as well as knowing the 7th *Kyu* requirements. The way you move through your techniques is also very important—always bending your knees and using lower body power. Moving up in rank means training harder and more often. *Kyu* requirements are merely a guide. Always train as if your life depended on it. **Someday it just might!**



Remember: Next Belt Test--February 28th

Training in Japan

For many years *Hatsumi-Soke* has taught classes every week in the *Hombu Dojo* in Japan. Along with *Hatsumi-Sensei* high ranking Japanese teachers (*Shihan*) have taught high-level *Budo Taijutsu* for years.. Now that *Soke* has retired from actively teaching (*he's 94 years old*) the Japanese Sensei have taken over the nine schools of the *Bujinkan*. Going to Japan is still the best way to learn the deeper secrets of the Samurai and Ninja. Last year Martial Arts for Education benefited by the experiences of Gavin and Vicente in Japan. Now Robert and Tohbi are brining more feeling from the *Hombu Dojo* to our weekly training. We all need to open up to new ways of moving and train with focus and train often. *Gambatte!*



From the **Top Left:** Vicente and Gavin training with Noguchi-Soke. Noguchi shows details of his *Taijutsu* on Robert and Tohbi. **Bottom Left:** Group-foto with Noguchi-Soke. Nagato-Soke watches Tohbi put his moves on Robert-Sensei. Group-foto with Nagato-Soke. All in the center of the *Bujinkan* the *Hombu Dojo*.

Bringing New Moves to Our Dojo.



Left: *San Shin* the foundation of *Taijutsu* at Enchanted Hills.

Right: Greenbelts at Sabana Grande do *Ichimonji* Self-defense.

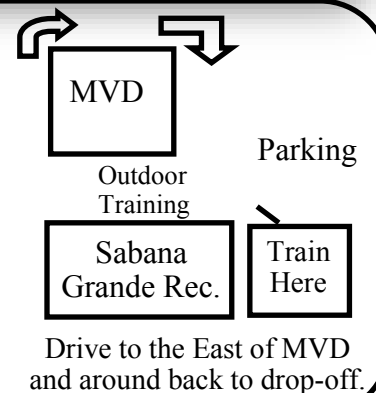


Left: High Ranks do long-staff (*Bo*) practice (Anchor Point). At the *Hombu-Dojo* we did training with the *Bo* and *Hanbo*.

Training will include *Bo*, *Hanbo*, and Sword work. At Sabana Grande be ready (shoes etc.) for Outdoor Training when weather permits.

SATURDAY TRAINING ALERT!

Training at Sabana Grande will change from the MVD Building to the Art Room behind the main building. The MVD will be used for voting until April 14th. We will move back to the MVD after voting ends. (see the map on the Right)



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Muto practice during Basics Class at Sabana Grande Rec. Center (MVD). *Muto* is one of the most important Ninja skills that is taught from day-one. While physical *Muto* is important for self-defense the deeper meaning of *Muto* is avoiding all conflict.

Training in 2026

- *Sabana Grande Rec. Center
- *Anchor Point Church Annex
- *Enchanted Hills Elementary

Sabana Grande Rec. Center—Saturdays

9am—Basics
 10am—Greenbelts
 11am—7Up/High Ranks

Anchor Point Church Annex—Tuesdays

Basics—5:30 to 6:15pm
 Greenbelt—6:30 to 7:15pm
 Adults—7:30 to 8:45pm

Enchanted Hills Elementary—Wednesdays

Basics—4pm to 4:45

TRAIN OFTEN—TRAIN HARD!

Students are welcome to mix and match classes at any of the three locations. We work with parents to ensure that students get the most from our program. Please make-up missed classes at any location or we can pro-rate the monthly fee.

Consistent training pays off! *Ganbatte!*

January Birthdays

Levi
 Stellan



February Birthdays

David
 Valaria
 Tohbi
 Owen
 Donovan



Asher
 Silas
 Jaden
 Japhet
 Alexandria

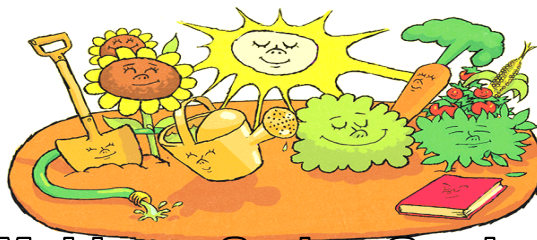
Happy Birthday!

Akemashite Omedeto

Happy New Year

Japan Style Training 2026

Last year two students reached Blackbelt level and three students went to Japan to train.. During 2026 students will have a deeper understanding of *Bujinkan Budo-Taijutsu* through this connection with Japan. Everyone will benefit from new students learning basic *Muto* and *San Shin* to high-ranks challenging their *Taijutsu* to use swords, staffs, and other weapons. All advanced training is based on the habits of using knee-bend, hip, and spine movement. *Lets have a great year of hard training in 2026!*



**Making a Spring Garden
 Is a Ninja Survival Skill!**

**Summer Program
 June/July 2026
 Martial Arts
 Archery and More!**

Spring Schedule

February 28

Belt Test

April 18th

Awards & Demo Day

April 25th/26th

Moonlight Training

May 16th

Belt Test

May 17th

Archery Day Camp

Don't forget Awards/Demo Day Saturday April 18th