

# Jizaikan Aiki Ninjutsu

## 自在館合氣忍術



## Jizaikan Aiki Ninjutsu

*“How difficult  
is life when one  
is not surprised  
by anything  
and laughing  
everyday...”*

*Toshitsugu Takamatsu*

### **Monthly Newsletter #8 (November 2007)**

What you will find in this issue:

1. Take Advantage
2. Fire Shugyo
3. Exciting Jizaikan Referral Contest

## Take advantage



### Take advantage of all different training tools

I was amazed at how many times after the Shodan (initial level Black belt) testing held at our Shugyo this weekend, people came up to me stating things like...

“I did not know that fist had a name for the fist and for the action, I thought it was the same thing.”

“I saw some new sword Kamae (stances) that I had never seen before”

“I didn’t know there were three sets of pinning techniques that were official”

“I did not know the strikes with the Bo (stick) have names”

So many people did not know many of the things that the testing candidates were required to know. I started asking if they had watched the dvd on the Bo Kihon, Sword Kihon or the Kime Waza? These media are not for entertainment. They are required to supplement the student’s training in the dojo. Just like a textbook at a university. It truly is not optional. Student’s in the Jizaikan, study and practice martial arts. In this instance the key word is “study”. There is homework that needs to be taken seriously in order to be successful. Students train in an academic setting and need to learn to take advantage of all the recourses we have for them.

## Take advantage Cont...

Monthly Kuden audio CDs are there to instruct students in the more subtle ura (less obvious) side of the strategies, tactics and philosophy of the timeless Jizaikan traditions. It is difficult to transmit all of this in a class when so much has to be covered. The student really needs to take advantage of opportunities for more training even if it is done in their car on the way to work. Some students put in a DVD while they are stretching in the morning or in the evening. While others play a DVD while they are practicing sword cuts, bo strikes, shuriken throwing. I know of several students that have downloaded the Kuden audio CDs to their ipod and listen to them while they exercise or do yard work around the house. Just having it on in the background while you are doing other activities can be another way to subtly pick up some more information.

Often students say to me, "I am having difficulty learning all the Japanese names for the techniques, stances and strikes." I ask them what steps are they taking to learn them. Unanimously they say "none". I wonder why it is so difficult? If you are not trying to do something nothing can happen. "Action creates action" is a motto of the successful. "Wait and hope for the best" is the motto of the unsuccessful.

Take advantage of all of the excellent resources we have for you and I guarantee that you will become the best martial artist you can be.

Thomas Jotoshi Maienza  
Kan-cho Jizaikan Hombu Dojo  
Kansas City, MO

## EVENTS!

December 8 - Ni-To (2 swords) Chuden sword training

Kusari Fundo - January 12 Learn the secrets of this incredible samurai weapon!

Tanto Jutsu – February 9-Principles on how to defend yourself in a knife on knife encounter as well as how to use a knife effectively for realistic self defense!

Hojo Jutsu (samurai tying arts) – March 8-Learn how to tie up an opponent without using knots! This is the art the samurai police used in feudal Japan

Kyusho Jutsu – April 12-Learn how to bring your attacker down by using pressure points to cause white hot pain. This seminar will also cover how to use pressure points for healing.

Specialized kicks and kick defenses – May 10-This seminar will teach how to do specialized kicks taught by other martial arts as well as defenses against them!

Water Shugyo – June 14-Learn the swimming techniques of the Ninja as well as other secrets from the Sui Ton No Jutsu Scroll!

Sword Tamishigiri and picnic – July 12-Practice your cutting skills with live swords!

Kyoketsu Shoge and Kusarigama – August 9-Learn the principles on how to use these esoteric Ninja and samurai flexible weapons!

Bajutsu (horsemanship) – September 12-14 -This seminar will cover basic and intermediate horsemanship as well as how to fight with swords from horseback!

In Ton Jutsu – October 11 -Come learn escape and concealment methods from a former U.S. Marine Recon Sniper!

Kubotan – November 8-Learn how to use this unassuming keychain as a weapon for your defense!

Mind science – December 5-7

## **Fire Shugyo 2007**

### FIRE SHUGYO 2007

My Shugyo experience started a day earlier than most this year. In order to prepare the venue, a few of us had the opportunity to “buck” many bales of hay, chop and transport fire-wood, and get an insider’s view of caring for horses. By the end of day one, I was exhausted, a little achy and grinning from ear to ear! What an awesome opportunity to get your hands dirty and work hard for the benefit of not only our Shugyo attendees but also the GREAT family that allowed us to use their land.

Once the fire Shugyo training actually started, we covered an incredibly diverse amount of material. On that weekend, I experienced so many things I had never done as part of my training before. I enjoyed the bow and arrow target shooting, blow gun, night sensitivity training, battle tactics, and building and experiencing a Native-American sweat lodge. We ran an obstacle-course and worked on sword fighting from horseback!

Yes horseback. I had never ridden a horse above a slow walk. Our trainer Jess patiently taught me how to keep the horse from going in circles and finally how to guide the horse into a quick foxtrot. It was exhilarating! Then we added a sword and I attempted to be as confident with it as I am on solid ground. To imagine what it must have been like to fight from horseback, effectively guiding the horse into range of your foe and striking and defending is amazing. There were people there that weekend who had never ridden a horse. This Shugyo afforded us life experiences.

In martial arts yearly training events that I had attended in the past, the training was not much more than normal classroom training for me. My instructor, Michael Eichenberg, had always insured our curriculum included many diverse situations to include defenses against modern day weapons. The events were more about the social gathering, seeing friends, and catching up with people scattered about the country. But when paying the equivalent of a small vacation for my husband, son and I to go, that didn’t quite add up.

The experiences that I had at the Shugyo built my abilities and taught me to be a better martial artist. We also had the opportunity to build camaraderie with others and cheer people on through the obstacle-course. But mostly, we had down and dirty training, literally. Saturday brought with it massive thunderstorms which would have destroyed most outdoor events but we had the convenience of training in the horse arena where we could hear the rolling thunder and pouring rain but still remain dry. The three men that tested for black belt led the way, being thrown onto a hay and sawdust-strewn dirt floor. We used assertive and offensive henka lessons to reinterpret our Aiki-ninjutsu techniques. They were hard hitting and intense. We trained late into the night and early in the morning, allowing us to focus on our training and not having the time or energy to bring outside issues to the training floor.

Shugyo means austere training. Pushing yourself to limits you thought you couldn’t pass. Rain, dirt, heat, cold, intense training and friendship, these all added up to a weekend of life experiences that I will never forget.

Michelle Eichenberg – Nidan (2nd Degree Black Belt) – Warrior’s Edge Martial Arts

## ***Exciting Jizaikan Referral Contest***

### Exciting Jizaikan Referral Contest

The Jizaikan has some exciting news! We are holding a referral contest that will give someone the opportunity to possibly win thousands of dollars! All you have to do is tell your friends and family about what you do in the dojo and ask them to come in and train with you!

If you had the answer to “how to be rich beyond your wildest dreams” or “how to make your life happy” who would you tell? What we do in the dojo is so much more than learning how to punch and kick. The life lessons that the principles teach us as well as the ability to learn how to focus our minds on what we are doing and forget about life’s problems for an hour or two can benefit everyone you know! Go out and tell everyone about what you enjoy doing and see if you can get them to come to a free class. You might just change their life forever!

The contest seems kind of “complicated” at first but what it is about is a friendly competition between schools as well as individually. The goal of the contest is about growth. Growth for the organization, growth for the individual dojo and most importantly growth for you as a student! How does bringing in more students help me grow as a person? The answer is simple, the more training partners you have to train with the more equipped you will be to defend yourself against any body type in a self defense situation but even more importantly the more students in the dojo the bigger your friend network! The bigger the organization becomes the more incredible training events we can throw. Can you imagine having Shugyo in Hawaii instead of Kansas City!

So how does this contest work?

First, let’s look at the school competition. The goal of the contest is to grow each school in the organization by 100%! That sounds like a lot but when we break it down it really only takes each student to bring in 1 friend, family member or acquaintance you met at the restaurant. The school that brings in the largest number of students through referrals will get a “boat load” of money to throw a big celebration party for the entire school! To qualify for the contest, the individual dojo must meet at least 50% of their goal.

Where does the money come from for the party and cash prizes?

To fund the referral contest, the school owners will put \$50.00 per new student (by referral) into a “pot”. \$10.00 of this money will go towards the winning school’s celebration party and the remaining \$40.00 will go towards cash prizes to be awarded individually.

How do I win the money?

There are two ways to win money. If your school qualifies, meets at least the 50%

## ***Exciting Jizaikan Referral Contest***

minimum, then your school will draw a name from the students who referred someone during the contest dates. This means you could win hundreds of dollars! The remaining money will be given away to one person as a Grand Prize. Everyone who referred someone in the organization will get their name put into a “hat”. Your name will go in for each person you referred, so the more you refer the better your odds of winning!

Is that all there is to the contest?

No! The best part is that the person who refers the most students from each school will win the opportunity to throw pies into the faces of each school owner to include Kancho Maienza! If there is a tie then all parties who are tied will get the same opportunity!

This sounds like it is almost too good to be true! What is the “catch”?

The only catch is that you have to be an active student at the time of the drawing which will be at the Water Shugyo on June 14, 2008! We hope that you can all attend the Shugyo as it is a great training event where you will be canoeing, ninja swimming (if you are afraid of the water... there are life jackets or you can stay in the boat), and sword fighting in the river! As a Jizaikan student, you are required to attend one Shugyo training event and one Mind Science meditation weekend before your black belt test and in between each black belt level. This would be a great time to take care of that prerequisite! To help you with the cost of the event you will receive a \$25.00 credit for each student you refer. If you refer 4 students your Shugyo event will be paid for in full! The date again is June 14, 2008 so make sure you mark it on your calendar and get that day off of work!

The contest starts on November 1, 2007 and ends on June 1, 2008 so get started and show everyone in the organization which dojo is the best Jizaikan school in the country!