

April 2010 Newsletter

Jizaikan Aiki Ninjutsu

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Jizaikan Newsletter

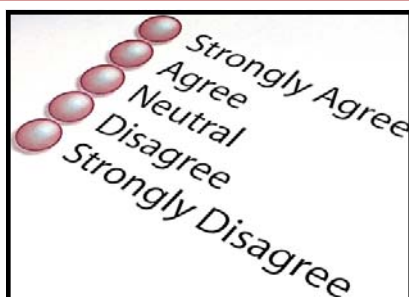
Monthly Newsletter #36 (April 2010)

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2. Aiki Ninjutsu Secrets...
3. New Members and Promotions
4. Aiki Ninjutsu Book and Dvds!

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Feedback - Matt Carr



Students of Zen are routinely given feedback when the teacher thinks their minds are wandering during meditation. Usually this comes in the form of a quick whack with a bamboo stick. It's used to call the student's attention to their inattention and lack of focus in meditation. It also is a wonderful tool to bring their mind back into the present.

Thankfully we don't receive feedback the same way. Our teachers are not marching around the dojo with a bamboo stick and smacking us when we aren't moving right. In fact what they do seems far worse. They smack us right in our big, fat egos. They tell us that we are doing something wrong, that we need to fix this or give us a playful "STOP SUCKING!"

This can sting. To be honest I've felt that particular sting more often than I'd care to admit. It hurts your ego to be told that you are not doing something right. It is especially painful when it's delivered in front of your training partner or in front of the class, even if you aren't identified as the origin of the example. The interesting thing about this is where this hurts.

It doesn't hurt us physically; the instructors don't lay a hand on us. It doesn't hurt us emotionally, the instructors aren't abusive; the exact opposite, actually. It doesn't hurt our technique; they are showing us what is wrong to make our technique better. So where does this hurt? It hurts our egos. A crash course in Freud says that there are a couple of ways our egos deal with feedback. I'll use examples.

I read an account by a man who held a masters ranking Shotokan Karate. Everyone in his system knew who he was, knew about him, and wanted to be like him. He didn't teach much, but when he did, people flocked to take his seminars. Once he was asked to judge a kata competition in his style and he agreed. One young man in particular stood out in his mind.

This young man had a very flashy demonstration with difficult acrobatics. When he was done he looked somewhat arrogantly at the judging panel, as if he already knew they'd give him perfect scores. The first two judges scored him all 9's and 10's gushing about his performance. The man smiled and turned to this Master, clearly expecting to receive the same accolades. Instead, the Master scored him a 1 because, "It was all gymnastics. I didn't see a single [martial arts] technique." The young man ran to the judges table, shoved a finger in the man's face and began screaming that the Master change his score. When the Master refused, 2
the man shoved him.

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Feedback (Cont.) - Matt Carr

Defensiveness and aggression are generally signs that what has just been said is true. In his anger, the young man was unable to see that the Master was perhaps right in what he said. Instead the young man's ego would only let him see the score. It so blinded him that he actually attacked a man who was his senior in rank, age and combat experience. The feedback didn't get through because he closed off all his defenses.

The second example is one I saw on *Cops*. A police officer is driving next to a woman in an SUV. She is on the phone, changing CD's and yelling at a kid in a car seat in the back. She's also going 20 miles per hour over the speed limit. The officer drops back and hits the lights and sirens. He then proceeds to follow the woman for at least a mile before she finally notices that he is there. He can tell that she's noticed because she sticks a hand out the window and waves him around.

When she finally pulls over her first excuse is that she had the CD player up to loud to hear the siren. She then proceeds to ask him why he is pulling her over. She says that she wasn't doing anything wrong and didn't pull over because she was sure he wasn't after her. Ego assumes that everything negative is about everyone else and everything positive is about us.

When the instructor stops class and says, "I've seen a lot of this..." do you listen or do you move on? A good way to make sure you are listening is to pay attention to what they say and make a conscious effort to take the feedback, even if you are sure they are not talking to you. "I want you to take two steps back when you finish a technique", so next time even if you've been taking two steps back for the last three years, concentrate on those two steps back.

The best way to combat both of these is to look at your teachers. All your Jizaikan instructors want you to succeed. There is not a single person who will get up in front of you to teach who wants you to fail. If they correct something, it's because they see something that you could be doing better. No one walks through the door of the dojo perfect. That's the beauty of this system. Jizaikan is the way of constant refinement; no one is perfect, everyone can get better. When you realize that feedback is not given in the dojo to be mean, it makes it easier to take. Getting rid of ego will take the sting out of feedback. Allowing ourselves to realize that the instructors aren't out to get us and that everyone can get better helps to lessen the blows that our ego wants to feel. Take the feedback, check to see that you are doing it and keep on that path of constant

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Feedback (Cont.) - Matt Carr

refinement. We are all striving to be masters, to be able to execute a technique without thinking about it. Next time you walk into a class I want you to look around. Everyone you see is working on something, mastering something. It could range from learning to enter to controlling when, where and how Uke strikes, but everyone is working on mastering something. There is not a single person in that class who has not, at least, been given something by Kan Cho or Do Shu that they need to master to move forward.

Getting back to the example at the beginning, I ran into a story about a Zen master at a monastery in China. As he got older his hands became more and more arthritic and it became harder for him to hold the bamboo stick, much less bring people back to the present with it. When it was announced that he would not be able to use the stick anymore his students wept openly, mourning the loss of so effective, caring and skillful feedback.



April Special
10% off
one item in the Pro-shop

***One coupon per student**

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Aiki Ninjutsu Secrets... - Michael Jutoshi Eichenberg

Japanese history is filled with daring stories of courageous Samurai warriors battling thousands of enemies on battlefields all across Japan. These fearless warriors have been revered and idolized for centuries. The noble and honorable Samurai warrior had a nemesis, the ninja. These mystical combatants had also created many legends that made them one of the most feared warriors of all time.

There have been many systems of Samurai and Ninja arts that have been passed down, through secret teachings from grandmaster to student, for over a thousand years. Some of these arts still exist and are taught today, while others have faded away into the mists and lore that engulf Japanese history.

One modern day adaptation of these historical arts is Jizaikan Aiki Ninjutsu. This system contains a curriculum that utilizes both the arts mastered by the Samurai as well as by the mysterious Ninja shadow warriors. The art of Aiki Ninjutsu merges techniques, strategies, tactics and philosophies of 12 classical warrior arts. These arts include: Daito Ryu Aiki Jujutsu, Kyu Shin Ryu Aiki Jujutsu, Eishen Ryu, Koto Ryu, Gyokko Ryu, Togakure Ryu Ninpo, Kuki Shin Ryu, Takagi Yoshin Ryu, Shinden Fudo Ryu, Gikan Ryu, Kumagakure Ryu Ninpo and Gyokushin Ryu Ninpo.

At first glance, the idea of creating a system based on the arts of Aiki (Harmonious Energy) and Ninjutsu (Art of Perseverance) can seem counter intuitive. However, when looking beyond the surface, one can see that it is the perfect combination for a complete martial art. The Aiki side consists of harmonizing with everything around the warrior and learning to connect with the entire universe, including an attacker. The art is circular in nature, never resisting the attacker's energy, making it impossible for the aggressor to counter the technique.

"Nin" for Ninjutsu and Ninja stands for perseverance. This is a way of training that makes the warrior so powerful that they will never quit, doing whatever needs to be done to win. This becomes a way of life for the Ninjutsu practitioner, developing their "Ki" or energy into a powerful weapon. It is all about how the warrior perceives the world around him, opposite of Aiki which is about harmonizing and becoming one with the universe. The movements found in Ninjutsu tend to be much more linear in nature, moving the body as a unit creating powerful techniques.

When the principles of Aiki are added into the already devastating techniques of Ninjutsu then the art transcends either art and becomes something entirely different. The art is now a complete system which incorporates the Yin/Yang or In/Yo found in the universe. It is now linear and circular, hard and soft, compassionate and aggressive. By learning how to use your attacker's "Ki" or energy against them and making them run into the powerful techniques mastered by the Togakure Ryu Ninja, the art of Aiki Ninjutsu becomes a very effective martial art for everyday life.

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Aiki Ninjutsu Secrets (cont.) - Michael Jutoshi Eichenberg

Aiki Ninjutsu Secrets

Each of the techniques taught in Aiki Ninjutsu have an Omote (Obvious) and Ura (Not so Obvious) side. They are lessons on how to deal with a violent attacker as well as how to guide those people who surround the warrior in their everyday lives. These tactics give the warrior the tools to make their lives the best they can be, while at the same time making the world around them a better place.

Besides the principles of the individual techniques, there are also 36 secrets that the Aiki Ninjutsu student masters and internalizes. Each of these secrets can be used with the techniques the student has learned in other martial art systems as well as those that they will learn while studying Aiki Ninjutsu. These secrets are divided into 4 sets of 9. The first set teaches the warrior how to become a more effective martial artist, while at the same time using less effort. Most of these secrets are taught to students as they move through the Kyu (Color) Ranks. The Aiki Ninjutsu warrior student practices each of these 9 secrets in every technique they learn, internalizing the secret until it becomes the way the warrior thinks and moves.

The second set of 9 secrets teaches the student how to end an encounter immediately and gives the warrior the skills necessary to crush their attacker, so that the warrior can get home safely. These make every technique the warrior already knows even more powerful and devastating.

The third set of 9 teaches how to defeat multiple attackers. Statistics tell us that if a male is attacked in the U.S. it will probably be by 3 or more armed attackers and the defender will be unarmed. For this reason, it is imperative that the warrior learn the secrets on how to deal with more than one attacker whether they are on their feet or on the ground. These secrets will give the warrior the weapons to finish the fight quickly so that they can escape to safety.

The final set of 9 secrets deal with how to live your life in a positive manner as well as how to lead a group of people. These are secrets handed down by those who have guided their families through times of bloody civil wars and political uncertainty. The 36th secret has 36 parts. Each of the secrets has an Omote and Ura side to them just like the lessons taught in the curriculum's techniques. The Ura side of all 36 secrets can only be learned by Kuden (Oral Transmissions) from a qualified Jizaikan instructor.

Secrets for Dealing with Multiple Attackers

In this article we will look at secret number 22 which teaches that in a multiple attacker situation it is imperative that the warrior does not end up in the middle of the attack and that he/she must "Seek Shelter." This secret consists of 5 stages, "Slip, Stack, Rack, Slap and Wrap." Let us look at each step in more detail.

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Aiki Ninjutsu Secrets (cont.) - Michael Jutoshi Eichenberg

Slip

When the warrior finds him/herself in a situation where there is more than one attacker, they must be sure that they do not end up in the middle of the pack. It is almost impossible to fight 3 or more attackers at the same time when they are unarmed, add in knives or firearms and the situation can turn deadly in a heartbeat. For this reason, the warrior must first learn how to slip by the nearest attacker "hiding" behind them and using the attacker as a shield against the other assailants. Once behind the attacker, the warrior must take the attacker's balance so that they can be maneuvered in any direction needed. This can be done by grabbing the attacker at the elbow and neck and pushing their hips forward. This will give the warrior the control they need to manipulate the "human shield." It is just as important to realize that there will come a time in the fight when the warrior will need to abandon the person they have control of and move to another "shield." In a multiple attacker situation, it is very important to keep moving. Never stop! If the warrior does stop they will become overwhelmed and end up fighting all of the attackers at once. This never ends well.

Stack

Once the warrior has taken a "shield", the next step is to stack the rest of the attackers. This can mean a couple of different things. First the warrior must line the attackers up so that they are in each other's way. This is called horizontal stacking. By employing this secret the warrior can help even the odds, giving him/her the opportunity to fight each attacker individually instead of all at once. On the street attackers will not wait to attack individually, like in a Bruce Lee movie. It is more common for the warrior to end up fighting 3 or more assailants simultaneously and not one after another. It is important when training that the student is put in real life situations and not those found in movies which were created to entertain an audience.

The second form of stacking is to apply a devastating technique to the "shield" putting them on the ground in front of the next attacker creating a barrier between the warrior and them. When done correctly, the warrior can finish off the second attacker and stack them on top of the first downed attacker, creating a vertical stack.

Rack

Once the warrior has horizontally stacked the attackers, they can opt to rack them instead of stacking them. Racking is accomplished by using the body of the attacker they are fighting as a weapon against the next attacker. This can be done by throwing them into their legs, thus injuring them and taking them out of the fight, so that the warrior can defend against another attacker or escape to safety.

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Aiki Ninjutsu Secrets (cont.) - Michael Jutoshi Eichenberg

Slap

While using an attacker as a shield the warrior must be alert to the location of all of the other assailants. As the warrior applies a devastating joint break or throw they may have to strike incoming attackers to impede their process. This can be accomplished by using the warrior's limbs or by taking control of the "shield" and using their hands, elbows and feet as weapons against their attacking buddies. This is much more difficult to accomplish under stress and like all aspects of the secrets it must be practiced and internalized to be effective. Once it is mastered though, it will give the warrior a great advantage when dealing with a deadly assault.

Wrap

The last step to this secret is probably the most difficult to learn. It involves taking control of the "shield" and tying up the next attacker's limbs with theirs. This will give the warrior the ability to break and incapacitate two or more attackers all at once.

When dealing with multiple attackers, it is best to do quick and simple techniques that have been internalized. It is not the time for the flashiest techniques in warrior's arsenal. Everything that is done should be geared at injuring the attacker immediately so that the warrior can escape. There is no place for ego or sport in a real life encounter.

The secret of "Seeking Shelter" has even more principles and strategies than those listed here. As with each of the secrets of Jizaikan Aiki Ninjutsu, they must be practiced for a long period of time so that they become second nature and a natural way of movement for the warrior. To be a true warrior like the Samurai and Ninja of ancient Japan, it takes more than just learning how to fight. It is a life dedication to becoming a protector of others which takes a lot of personal sacrifice and commitment.

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Welcome To The Jizaikan Family!

Welcome to all of you who have joined the Jizaikan organization and a **HUGE** congratulations to everyone who earned their next rank belt!

New Students

Warrior's Edge

Emaad Abdul-Qadir – Youth
Samia Abdul-Qadir – Youth
Jeremy Adams – Adult
Joshua Jones – Youth
Kathy Keiner – Adult
Jason Moseberry – Adult
Tyler Moseberry – Youth
Stephan Sanchez – Adult
Deedi Thames – Adult
Jordan Thukkaram - Youth
Kyan Thukkaram – Ranger
John Evello Valencia – Ranger
Elissa Wing – Ranger
Rachel Wing – Ranger
Robert Wing - Adult
Amy Yu - Youth

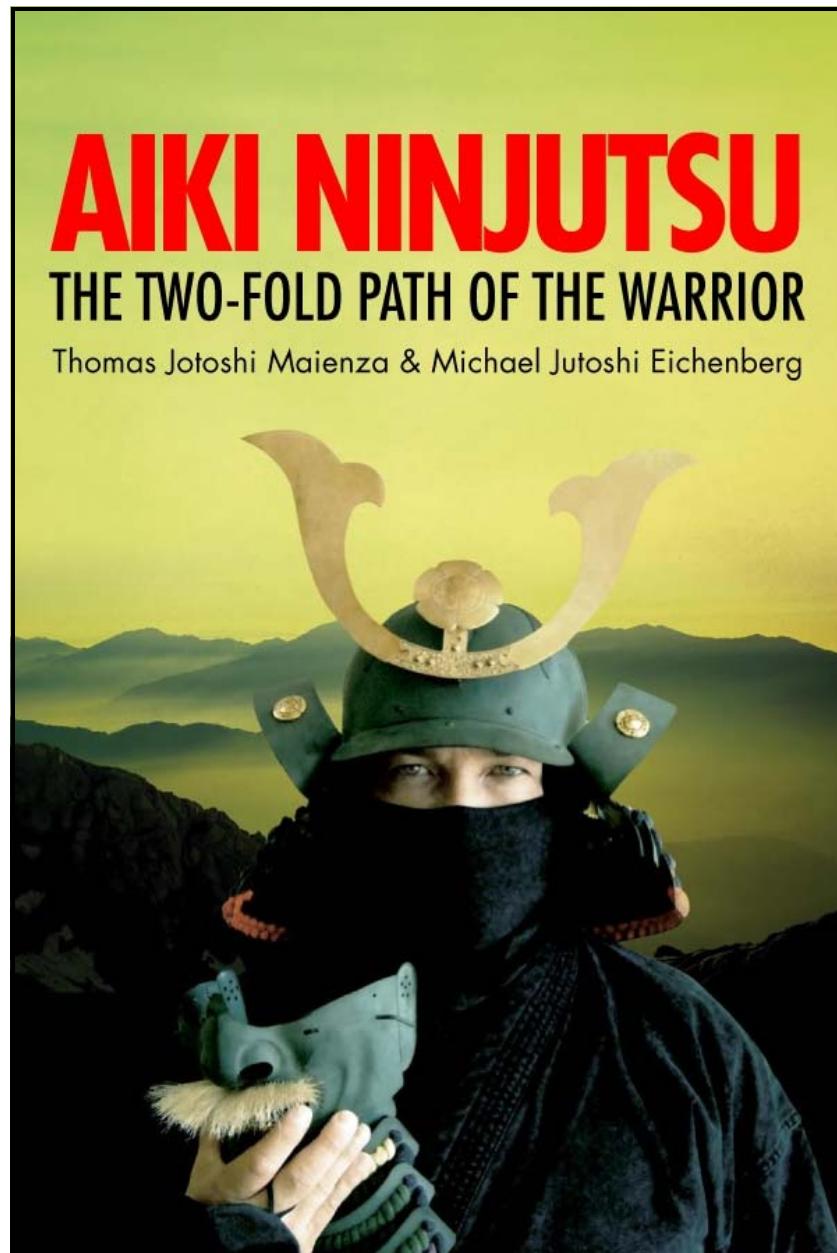
Promotions

Warrior's Edge

Logan Hoag – Camo/Yellow
Aiden Pierce – Camo/Blue
Ashlen Roberts – Camo/Blue
Willow Roberts – Camo/Blue
Ryan Droesch – Camo/Red
Tim Mahoney – Green
Jim Danko – Brown
Karen Roberts – Brown/Black Stripe

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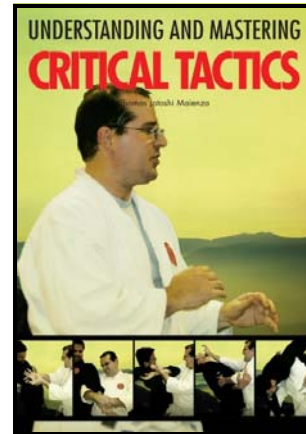
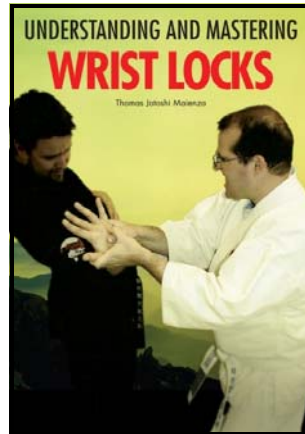
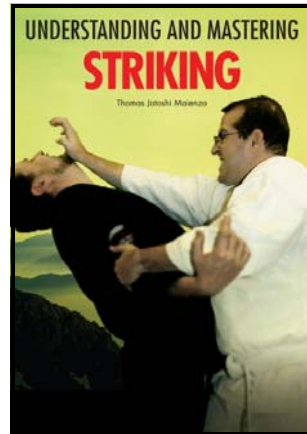
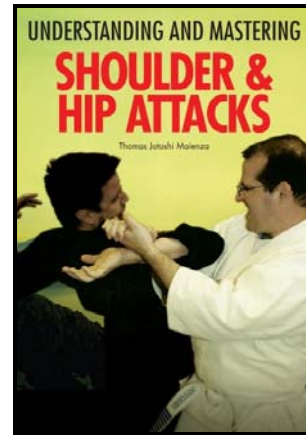
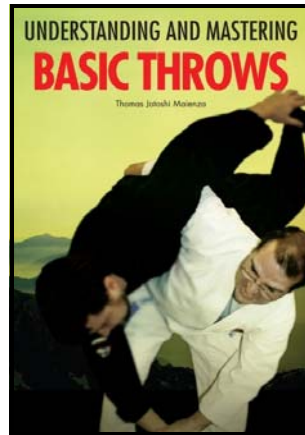
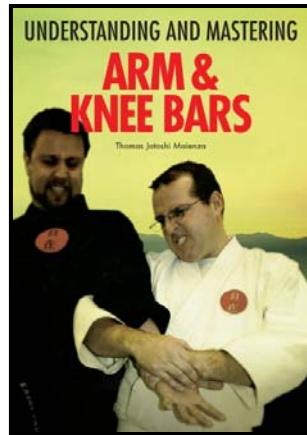
Have you read the Aiki Ninjutsu book yet?



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In the pro-shop today!**

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NEW Understanding & Mastering DVD Series



Take Your Training to the Next Level!

**Learn How to Master These Incredible Techniques
From the Founder of Aiki Ninjutsu, Do-Shu Maizenza**

**Only \$35.00 each
Available in the pro-shop**

Pick Up This Incredible Series Today!

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Warrior News

**Be sure to visit the
Jizaikan Website at**



www.Jizaikan.com

There are training articles, videos and much more!
Make sure to make this a normal stop on your daily
internet routine.

facebook

Warrior's Edge Martial Arts and Jizaikan Pages on Facebook

This is a great way for the members of the Jizaikan and
Warrior's Edge to stay in touch. Be sure to get in on the
great discussions taking place here.