



NINPO

— 关东 美南 —

History and Tradition



Togakure-ryū Ninjutsu is a historical system of martial arts that comes from Japan. It's known as one of the styles or schools of ninjutsu—the art practiced by ninjas. Ninjas were warriors in Japan hundreds of years ago, especially during the time of the samurai.

Takamatsu Sensei was a very important figure in the world of martial arts, especially in the art of Ninjutsu. He was born in Japan a long time ago, in the late 1800s, and he lived until the mid-1900s. People call him the "Last Real Ninja" because he was one of the last people to know and teach the traditional ninja skills that were passed down for hundreds of years.

Takamatsu Sensei learned martial arts from when he was very young, and he got so good at them that he became known as a master. He studied many different styles, including some that were very secret and only taught to a few people. He had lots of adventures, even fighting bandits and protecting people.

He also became the Grandmaster of Togakure-ryū Ninjutsu, the foundation of Kitsune Ryu Ninpo.

Togakure Ninjutsu *"Takamatsu Sensei"*



Kitsune Ryu Ninpo Taijutsu



The School of Nine Tails

- **Kistune** the nine Levels of enlightenment
- **Ninpo** traditional Japanese martial arts encompassing tactics, strategy, and philosophy, emphasizing mental and spiritual aspects over mere physical techniques.
- **Taijutsu** Combat strategies that focus on unarmed combat, using one's body for movement, defense, and offense. taijutsu includes learning distance, timing and technique.

Our History

Embark on a journey to master the ancient and electrifying art of Togakure Ninjutsu at the Third Heaven Dojo. With a curriculum that is as unique as it is dynamic, the dojo offers an immersive experience into the world of the ninja, drawing from a heritage that stretches back over nine centuries. Students at Third Heaven Dojo are not just learning a martial art; they are stepping into a living tradition, gaining skills in stealth, strategy, and self-defense that were once the secret techniques of Japan's shadow warriors. Here, the timeless wisdom of Togakure Ninjutsu is taught with a vigor that resonates with the modern seeker, providing a path to physical prowess, mental sharpness, and spiritual growth. Whether you're drawn to the historical mystique or the practical applications, the Third Heaven Dojo's program is a gateway to the profound depths of an art form shrouded in legend.



Level One

Rank- Black and White

The Level of Courage and the Path to Enlightenment

Kamae- Postures

- Shizen No Kamae- Natural Posture
- Seiza No Kamae- Correct Seat Posture
- Ichimonji No Kamae- Figure Number One Posture
- Hira no Kamae- Flat Posture
- Jumonji No Kamae- Figure Number Ten Posture
- Hicho No Kamae- Flying Bird Posture
- Hoko No Kamae- Encircling Posture
- Kosei No Kamae- Aggressive Posture
- Hantachi No Kamae- Half Standing Posture
- Fudoza No Kamae- Immovable Seat Posture
- Doko No Kamae- Angry Tiger Posture
- Ihen No Kamae- Changing Posture
- Bobi No Kamae- Defensive Posture
- Hanza No Kamae- Half Seated Posture

Ukemi- Breakfalls

- Zenpo Ukemi- Forward Breakfall
- Koho Ukemi- Backward Breakfall
- Yoko Ukemi- Sideways Breakfall
- Yoko Nagashi Zenpo Ukemi- Sideways Flowing Forward Breakfall

Kaiten- Rolls

- Zenpo Kaiten Naname- Forward Diagonal Roll
- Koho Kaiten- Backward Roll
- Zenpo to Koho Kaiten- Forward to Backward Roll
- Sokuho Kaiten- Sideways Roll
- Yoko Nagare- Sideways Flow
- Gyaku Nagare- Reversal Flow
- Oten- Cartwheel
- Hicho Kaiten- Flying Bird Roll
- Jun Nagashi- Turning Flow
- Shikko- Knee Walking

Level One

Rank- Black and White Continued

The Level of Courage and the Path to Enlightenment

Dakentaijutsu-

Striking and Blocking Skills

Blocking

- Jodan Uke- Upper Level Receiving
- Gedan Uke- Lower Level Receiving

Striking

- Fudo Ken- Immovable Fist
- Jodan Tsuki- Upper Level Punch
- Zenpo Geri- Forward Kick

Japanese Terms for Level One

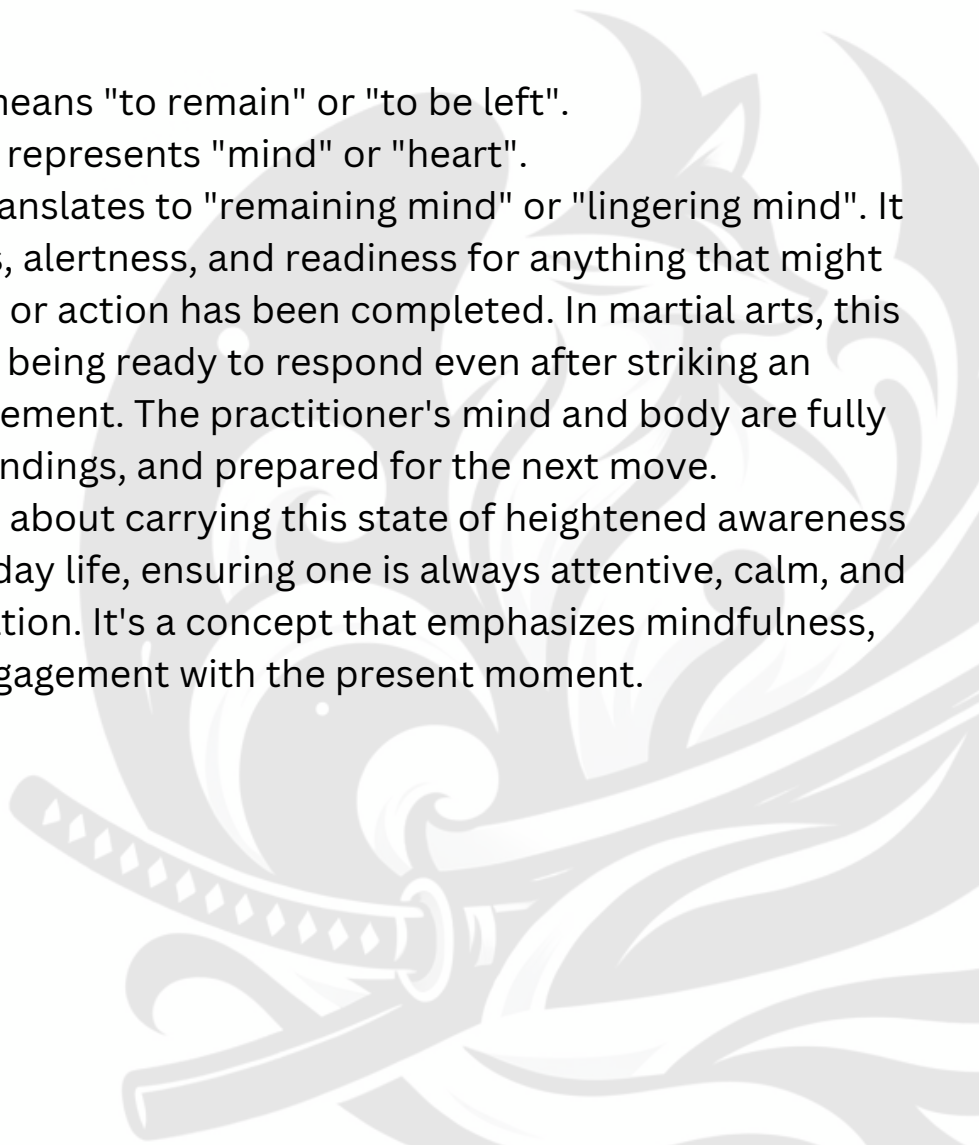
Zanshin- Awareness

1. **Zan**" (残): This character means "to remain" or "to be left".

2. **"Shin"** (心): This character represents "mind" or "heart".

When combined, "Zanshin" translates to "remaining mind" or "lingering mind". It refers to a state of awareness, alertness, and readiness for anything that might occur, even after a technique or action has been completed. In martial arts, this means maintaining focus and being ready to respond even after striking an opponent or executing a movement. The practitioner's mind and body are fully engaged, alert to their surroundings, and prepared for the next move.

In a broader sense, Zanshin is about carrying this state of heightened awareness and preparedness into everyday life, ensuring one is always attentive, calm, and ready to respond to any situation. It's a concept that emphasizes mindfulness, presence, and continuous engagement with the present moment.



Level Two

Rank- Yellow and Black

The Level of the Sun and the Moon

Hoken Juroppo Ken- The Sixteen Hidden/Secret Fists

- Kikaku Ken- Demon Horn Fist
- Shuki Ken- Hand Wake Up Fist
- Fudo Ken- Immovable Fist
- Kiten Ken- Turn Causing Fist (Shuto)
- Shi Shin Ken- Finger Needle Fist
- Shikan Ken- Extended Knuckle Fist
- Shako Ken- Claw Fist
- Shito Ken- Finger Sword Fist (Boshi Ken)
- Shitan Ken- Finger Tip Fist
- Koppo Ken- Bone Principle Fist
- Happa Ken- Eight Leaf Fist
- Sokuyaku Ken- Dancing Foot Fist
- Sokugyaku Ken- Foot Reverse Fist
- Sokki Ken- Leg Wake Up Fist
- Tai Ken- Body Fist
- Shizen Ken- Natural Fist



Principles of Striking

- Striking from all Kamae
- Striking in all directions, at different levels, from different ranges

Keri- Kicks

- Sokuho Geri- Sideways Kick
- Koho Geri- Backwards Kick
- Sakui Geri- Scooping Kick
- Happa Geri- Kicking in the Eight Directions

Japanese Term and Principle

Ken ta Ichi Jo - The body and fist move as one

Level Two

Rank- Yellow and Black

The Level of the Sun and the Moon

Uke Nagashi- Receiving Flow

- Jodan Nagashi- Upper Level Flow
- Gedan Nagashi- Lower Level Flow
- Ken Kudaki- Crushing the Fist
- Keri Kudaki- Crushing the Kick

Master Uke Nagashi- use inside and outside angles, alternate using hands and feet

Kihon Happpo- The Eight Basic Ways

Koshi Kihon Sanpo- Three Basic Ways of Striking

- **Ichimonji No Kata-** Figure Number One Form

Torite Goho Gata- The Five Forms of Grappling

- **Omote Gyaku-** Outside Reversal
- **Ura Gyaku-** Inside Reversal
- **Omote Gyaku Ken Sabaki Gata-** Outside Reversal Fist Evasion Form

San Shin/Gokui No Kata- The Three Hearts Forms

- **Chi No Kata-** Earth Form
- **Sui No Kata-** Water Form
- **Ka No Kata-** Fire Form
- **Fu No Kata-** Wind Form
- **Ku No Kata-** Void Form

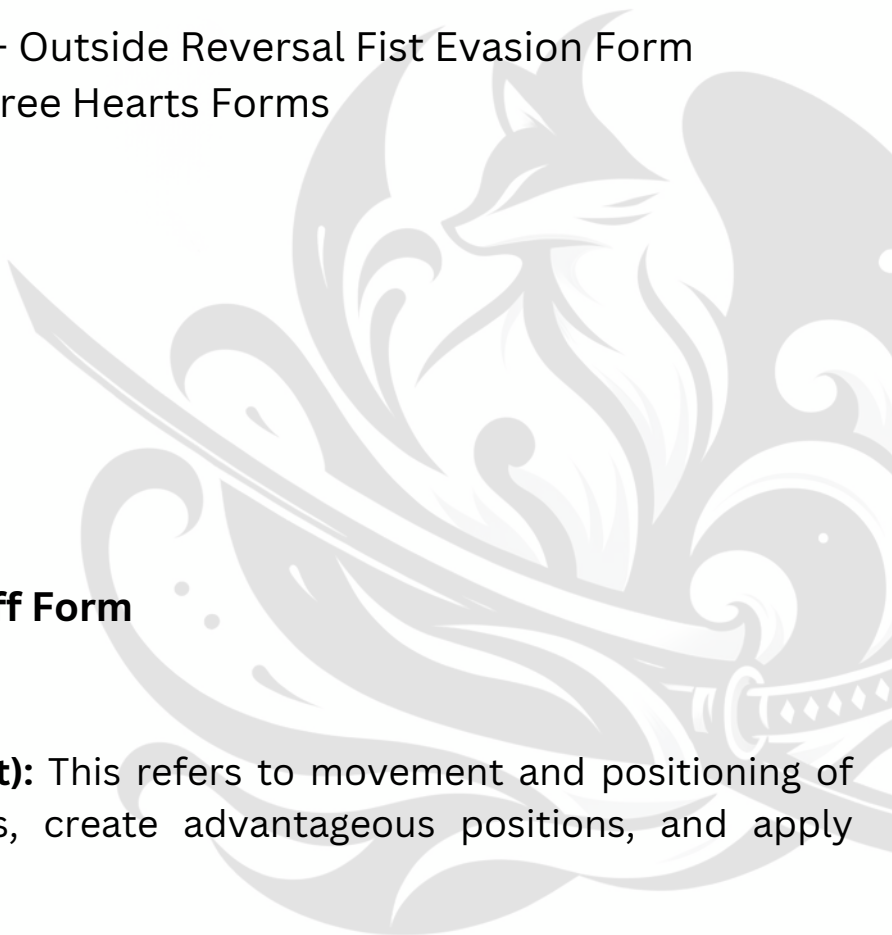
Weapon: Hanbo and the Staff

THE SHORT STAFF

Two Person Ha Say Fu Tiger Staff Form

Japanese Term

1. **Tai Sabaki (Body Management):** This refers to movement and positioning of one's body to evade attacks, create advantageous positions, and apply techniques effectively.



Level Three

Rank- Black and Orange

The level of Energy and the Spirit of the Warrior

WEAPON: Katana

SWORD

Katana Kamae

- Daijodan no Kamae- Great Upper Level Posture
- Seigan no Kamae- Correct Eye Posture
- Chudan no Kamae- Middle Level Posture
- Gedan no Kamae- Lower Level Posture
- Tosui no Kamae- Water Ridge Posture
- Ura Gedan no Kamae- Outside Lower Level Posture
- Hasso no Kamae- Eight Apparitions Posture
- Tenchi no Kamae- Heaven and Earth Posture
- Kasumi no Kamae 1 & 2- Mist Posture
- Totoku Hyoshi no Kamae- Sword Hiding Catapult Posture
- Uke Nagashi no Kamae- Flowing Block Posture
- Ichimonji no Kamae- Figure Number One Posture

Katana Nuki- Draws with the Sword

- Nuki Uchi- Drawing Cut
- Tate Nuki Uchi- Vertical Drawing Cut
- Gyaku- Reverse (can mean direction or footwork)

Japanese Term Kazushi

Kazushi is a Japanese term used in martial arts, and it refers to the idea of unbalancing your opponent. Imagine you're standing on one foot and someone gives you a little push—it's much easier for you to lose your balance, right? That's what kazushi is all about. In martial arts, if you can get your opponent off-balance, they become weaker and it's easier for you to move them, throw them, or perform a technique on them. So, when martial artists talk about kazushi, they're talking about clever ways to make an opponent wobble or lose their solid footing, which is super important in martial arts like judo, Jujutsu and Ninjutsu. It's like finding the secret to making someone less stable so you can outmaneuver them.

Level Three

Rank- Black and Orange

The level of Energy and the Spirit of the Warrior

Katana Giri- Cutting with the Sword

- Kiri Oroshi- Dropping cut
- Kiri Age- Rising Cut
- Kesa Giri Migi- Cutting the Angle of Monk's robes from the Right
- Kesa Giri Hidari- Cutting the Angle of the Monk's robes from the Left
- Do Giri Migi- Sideways Figure Number One Cut from the Right
- Do Giri Hidari- Sideways Figure Number One Cut from the Left
- Gyaku Kesa Giri Migi- Reverse Cutting the Angle of Monk's robes from the Right
- Gyaku Kesa Giri Hidari- Reverse Cutting the Angle of the Monk's robes from the Left

Katana Form One

The sword points to the earth

Daikentaijutsu Training Drill

Student should be able to flow through the 16 secret striking techniques with a partner. .

Japanese Term

Togakure Ryu Ninpo Taijutsu

Togakure Ninjutsu is a form of martial arts with a history that goes back over 900 years in Japan. It started when a man named Daisuke Togakure was defeated in battle and learned new ways of fighting and spying, which became the Togakure-ryū style of Ninjutsu. This style includes sneaky moves, secret knowledge, and special tools. A very important teacher, Takamatsu Sensei, known as the "Last Real Ninja," learned this style and many others. He taught them to his students in the 1900s, keeping the ninja traditions alive.

Level Four

Rank- Black and Green

The Level of the Emerald Ascendant

Kihon Happa

Koshi Kihon Sanpo

- Jumonji No Kata- Figure Number Ten Form
- Hicho No Kata- Flying Bird Form

Torite Goho Gata

- Ganseki Nage- Rock Throw
- Musha Dori- Warrior Capture

Hajutsu Koho –The Eight Techniques and the Nine Ways

Tehodoki- Wrist Escapes

- Katate- One Hand, Same Side
- Gyakute- One Hand, Cross Side
- Morote- Both Hands
- Ryote- Two Hands

Taihodoki- Body Escapes

- Oyagoroshi- Killing the Parent
- Kogagoroshi- Killing the Child
- Taihodoki- Body Escape
- Koshi kudaki- Hip Crush
- Happa keru henka no kote- Eight Way Changing Kicks

Shinken Mutodori Gata- Sword Evasions

- Ichimonji- Figure Number One Posture
- Hira- Flat Posture
- Jumonji- Figure Number Ten Posture

Finishing Techniques- Pins

- Omote Gyaku- Outward Reversal
- Omote Takeori- Outward Breaking Bamboo
- Ura Takeori- Inward Breaking Bamboo
- Do Gaeshi- Turning the Body
- Oogyaku- Great Reversal
- Ura Gyaku- Inward Reversal

Sword Form Two

The Sword Points to the Sky



Level Five

Rank- Black and Blue

The Level of the Water and Flow

Gyaku waza- Reversal Techniques

- Take Ori- Breaking Bamboo
- Oni Kudaki- Demon Crusher (Omote and Ura)
- Hon Gyaku- Base Reversal
- Musodori- No Thought Capture
- Oogyaku- Great Reversal

Ashi Sabaki- Leg/Foot Movement Evasion

- Ashi barai- Leg sweep
- Keri kaeshi- Kicking Counters

Nage Waze -Throwing Techniques

- Oosoto Nage- Major Outer Throw
- Seoi Nage- Shoulder Throw
- Ganseki Otoshi- Dropping a Big Rock
- Ganseki Oshi- Pushing a Big Rock
- Ganseki Ori- Breaking a Big Rock

Trapping and Flow

Secret Wrist Escape drill of Kwon Wing Lam

Trapping Drill of Chinese Martial Arts

Continuous Motion of Hogosha Judo

Sword Form Three

One Handed Ninjato



Level Six

Rank- Black and Purple

The Level of the Hidden Dagger

Tanto and Shoto **The Knife and Short Sword**

Knife 10 Count
Defang the Snake
Parry the Knife
Baic Knfe Disarm
Close Quarter Disarm
Knife Clinch Disarm
Knife Arm Wrap
Wrist Lock Strategy
Knife Sparring

Ninjato Applications 1-3

Sword Shoulder Throw
Sword Elbow Lock Disarm
Advanced Shoulder Throw

Kyusho- Weakness Points

Kyusho Points are weakness spots on the body used to inflict pain, distraction, and confusion in the mind of your enemy

- Nagare- On the forearm, below the elbow where the muscles come together
- Uko- Muscle at the side of the neck
- Sui Getsu- At the solar plexus in the chest
- Jakkin- Inside the bicep
- Kasumi- Temples of the head



Level Six

Rank- Black and Purple

Part Two Hanging the Lion

The 10 ways to Hang the Lion

Shime-Waza

1. **Hadaka-jime (Naked choke)** - A rear choke that does not rely on the opponent's clothing.
2. **Okuri-eri-jime (Sliding collar choke)** - Uses the opponent's lapel to apply pressure to both sides of the neck.
3. **Kata-juji-jime (Single cross choke)** - A choke using one hand on the collar and the other hand on the opposite lapel.
4. **Nami-juji-jime (Normal cross choke)** - Both hands cross to grip the opposite lapels to apply the choke.
5. **Gyaku-juji-jime (Reverse cross choke)** - Similar to the normal cross choke but with the hands gripping the lapels from inside to outside.
6. **Sode-guruma-jime (Sleeve wheel choke)** - The sleeves of the judogi are used to encircle the opponent's neck.
7. **Tsukkomi-jime (Thrust choke)** - Pushing the lapel into the neck using the fingers.
8. **Ryo-te-jime (Two hands choke)** - Using both hands to choke from the front.
9. **Kata-ha-jime (Single-wing choke)** - A one-sided choke that typically uses one hand on the collar and the other hand securing the arm.
10. **Eri-jime (Collar choke)** - Utilizes the collar to apply pressure to the neck.

Japanese Term

1. **Ju no Ri (Principle of Softness or Flexibility)**: This is the core principle of jujutsu, from which the name of the art itself is derived. It's about using an attacker's energy against them rather than directly opposing force with force. It involves techniques that redirect the opponent's momentum and strength to your advantage.

Level Seven

Rank- Black and Brown

The Whispers of the Earth

Ninjato Form

Kneeling to the Earth

Sword Disarms

No Submission Sword Disarm

Momentum Wrist Throw

Free Flow Disarm Test

Free Flow Non Lethal Grappling Test

A testament to training and skill. Each movement is fluid, a dance of locks and holds, where strategy and agility intertwine. Students showcase their adaptability, seamlessly transitioning from defense to attack, their actions a reflection of hours of dedicated practice. With each roll, grip, and maneuver, they demonstrate not only physical prowess but also mental acuity, reading their opponent's intentions and countering with precision. This test is more than a display of technique; it's an embodiment of the martial spirit, a celebration of the art of grappling, where respect, control, and the quest for continuous improvement are as evident as the physical skills on display.

Original Kata

In the quiet expanse of the dojo, under the watchful eyes of the masters, a martial arts disciple stands poised at the center. This moment marks the culmination of years of relentless training, a journey through the depths of ancient techniques and the exploration of their own inner strength. Today, they present their original form, a kata that is not just a test of skill, but a reflection of their personal journey in martial arts.

The disciple incorporates elements from different styles they've mastered over the years, paying homage to their lineage, yet each technique is infused with a unique twist that speaks to their creativity and understanding of Kitsune Ryu Ninpo Taijutsu.

Level Eight

Rank- Black and Red

The Burning Fire of the Enlightened Warriors

Chinese Dragon Form
Plum Flower Opening
Circle Hand Form
Tiger Crane Form
Third Heaven Fist

Around the early 1900s, there lived a great martial artist named Takamatsu Sensei in Japan. He was already skilled in many martial arts, including Togakure Ninjutsu, a secret and ancient ninja art. But Takamatsu Sensei believed in constantly improving and learning more. Around 1912, when he was in his twenties, Takamatsu Sensei decided to go on a grand adventure to China. China was known for its own rich and diverse martial arts traditions, and he wanted to learn these arts to become even better. This was a time when travel was not easy, and going from Japan to China was a big deal, but Takamatsu Sensei's passion for martial arts was stronger than any obstacle.

In China, he explored various styles of Kung Fu. He traveled around, met different masters, and trained hard. This wasn't just a few weeks or months; he spent several years there, learning and practicing. He faced many challenges, including dangerous situations where he had to use his skills to protect himself and others. These experiences made him not just a better martial artist, but also a wiser person.

Finally, after his long journey in China, Takamatsu Sensei returned to Japan. He brought back with him a wealth of knowledge and techniques that enriched his already deep understanding of martial arts. He integrated what he learned in China with his Togakure Ninjutsu skills. This made his teachings even more unique and effective.

Level Nine

Rank- Black

The Veil of Shadows

This level is passed down directly from teacher to student there is no video associated with this level.

Enter the realm of "Kuroi Shinpi," the ultimate level of mastery in our Ninpo program. Translating to "The Veil of Shadows," this prestigious black belt rank symbolizes the pinnacle of skill, wisdom, and the elusive art of the ninja. Holders of the Kuroi Shinpi are not just practitioners; they are custodians of ancient secrets, embodying the mysterious and profound depth of our martial heritage. This rank represents a journey beyond mere physical prowess, delving into the strategic and philosophical aspects that define true mastery. It's a level where skills become instinct, movements turn into shadows, and the practitioner becomes an enigma, moving with a grace and subtlety that confound and intrigue. Achieving the Kuroi Shinpi is to embrace the hidden mysteries of the ninja way, becoming a guardian of the unseen, and a master of the art that whispers in the silent darkness.

Healing Arts

In the realm of Ninpo, there exists a profound and often overlooked aspect known as the healing arts of internal energy, deeply rooted in the traditions of Eastern philosophy and medicine. This practice, often associated with arts like Qigong, Tai Chi, and certain forms of Kung Fu, focuses on harnessing and balancing the body's internal energy, or 'Qi'. Through a series of movements, breathing techniques, and meditative practices, martial artists learn to cultivate and channel this energy, not just for self-defense, but for healing and wellness. This internal energy work is believed to enhance vitality, boost the immune system, and aid in the recovery from injuries. It's a holistic approach that views the body and mind as interconnected systems, where the flow of energy is key to overall health. Far from the high-impact strikes and kicks often associated with martial arts, the healing arts of internal energy emphasize harmony, balance, and the subtle manipulation of life forces, offering a path to inner peace, physical rejuvenation, and mental clarity.