

NINJA DOJO STUDY PORTAL MAP

-- Print and Use as a Checklist --

STUDY SEQUENCE	BlackBelt Instructor Certification Course -What you learn at each level-	Time Release	Done
DOJO STUDY GUIDE			
VIDEO-PDFs	Welcome Video – Personal message – Training with IBDA – About Us	INSTANT	
PDFs	How to Study in the Ninja Dojo	INSTANT	
VIDEO	IBDA Opportunity	INSTANT	
VIDEO - PDFs	Study Resources	INSTANT	
PDFs	Ranking / Testing / Membership Opportunity – Read This First	INSTANT	
Beginner 9th KYU to SHODAN 1st DEGREE BLACKBELT			
9TH KYU LEVEL			
9th KYU LEVEL	Building your Foundation. Learn the proper Ninjutsu bowing-in procedures, how to tie your belt, how to warm up and stretch before training. You learn the basic standing postures of Seiza, Hira & Ichimonji no kamae. This Level teaches you basic forward & backward rolls and breakfalls (how to go to the ground without getting hurt) as well as the basic punches and kicks of Ninjutsu. Covers how to be out of the way of attacks with proper evasion by using your body effectively. You'll begin learning the Sanshin no kata, a set of 5 elemental movement forms which teach very important principles of movement and feeling. At 9th Kyu level you'll learn the basic Chi or earth feeling form of the Sanshin. Intro Level - Basic Body conditioning, Belt tying, Bowing, Movement Basics, Natural Postures of Shizen, Seiza & Ichimonji, Earth Form, Evasion, Rolling, Basic Punching and Kicking.		
VIDEO	Shihan Speaks on Ninjutsu – Art of Awareness	INSTANT	
VIDEO	How to tie your belt	INSTANT	
PDF	Aspects of Ninjutsu	INSTANT	
VIDEO	Junan Taiso – body conditioning	INSTANT	
VIDEO	Taihenjutsu – basic falling, leaping, and evading skills	INSTANT	
VIDEO	Kamae- standing postures of Seiza, Hira & Ichimonji no kamae.	INSTANT	
VIDEO	Dakentaijutsu – Striking methods	INSTANT	
VIDEO	Sanshin no kata- Earth Feeling Form	INSTANT	

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VIDEO	Taisabaki Gata – Evasion from danger	INSTANT	
PDF	9th Kyu Manual	INSTANT	
PDF	Creating Your Life Chapters 1 and 2	INSTANT	
PDF	Aspects of Ninjutsu	INSTANT	
PDF	IBDA ranking structure	INSTANT	
CD	JAPANESE PRONUNCIATIONS OF NINJUTSU TERMS	INSTANT	
DVD	ROLLING MADE EASY - Making the Ground your friend Part 1	2ND	
DVD	ROLLING MADE EASY - Making the Ground your friend Part 2	2ND	
	RANK TEST TIME - OPTIONAL		
	8TH KYU LEVEL		
8th KYU LEVEL	The focus of this Level is Taihenjutsu or basic falling, leaping & evasion skills. The foundation for all of the more advanced techniques you will learn rests upon your ability to move fluidly and go to the ground without fear. In 8th Kyu you'll work more on your rolling & body movement skills as well as adding the postures of Hoko, Doko & Jumonji no Kamae. You'll learn Omote & Ura Gyaku (inside and outside basic wrist grabs & reversals) as well as Tehodoki (basic wrist escapes) & basic Hanbo (3 ft staff) movements. Continuing the Sanshin no kata you'll learn the basic Sui or water feeling form movement. At 8th kyu you will be introduced to the Kihon Happo movements, the fundamental ways of moving upon which our art arnd most all of the martial arts are based. From this level on up you will need a partner to work out with. Ichimonji no kata is the first movement drill you will learn from the Kihon Happo. Wrist grabs - Locks and escapes, Cartwheels, Weapon- Hanbo (3ft wooden staff), Water form, Being a training partner (Uke), Blocks, Escape from grabs, Striking techniques. Jumonji, Hoko and Doko No Kamae.	3RD	
VIDEO	Kamae Postures	3RD	
VIDEO	Taihenjutsu- basic rolls and Breakfalls	3RD	
VIDEO	Dakentaijutsu – Striking methods	3RD	
VIDEO	San Shin no Kata – Sui no kata (water)	3RD	
VIDEO	Hajutsu Kuho – art of escaping grabs	3RD	
VIDEO	Kihon Happo – Fundamental ways of moving	3RD	
VIDEO	Common Dojo Phrases	3RD	
VIDEO	Weapons skills - Hanbo	3RD	
PDF	8th Kyu Manual	3RD	
PDF	History of Ninjutsu	3RD	

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PDF	Glossary Terms	3RD	
BOOK	CREATING YOUR LIFE THE WAY YOU WANT IT Chapters 1-4	3RD	
PDF	Kamaes - Dakentaijutsu	4TH	
DVD	ROLLING MADE EASY - Making the Ground your friend Advanced Parts 3-7	4TH	
CD'S /DVD	WARRIOR EMPOWERMENT CD'S	4TH	
DVD	HANBOJUTSU	5TH	
BOOK	CREATING YOUR LIFE THE WAY YOU WANT IT Chapters 5-10	5TH	
	RANK TEST TIME - OPTIONAL		
	7TH KYU LEVEL		
7th KYU LEVEL	Emphasis at this level is on having more flowing body movement with less effort. You need to be able to go to the ground effectively and be able to take your partner off balance using your body movement rather than muscle. You will learn side rolls, more advanced back rolls, standing, forward, backward & sideways breakfalls. The postures of Kosei, Hicho & Ihen no kamae are covered as well as Shuto (cupped hand) strikes & backward and sideways kicks. More punching drills, Kihon Happo & the Sanshin forms of Ka (fire) & Fu (wind) as well as the Gyaku Waza (wrist reversals) techniques of Omote Oni Kudaki & Hon Gyaku. Basic tanto (knife) techniques are also covered. Advanced Rolling methods, Breakfalls, Kicks, Fire & Wind feeling forms (SanShin), Beginning grappling (Kihon Happo), understanding knife attacks, Postures: Ihen, Kosei, & Hicho, Posture flow drill, Oni-kudaki.	6TH	
VIDEO	Kamae	6TH	
VIDEO	Taehenjutsu	6TH	
VIDEO	Dakentaijutsu	6TH	
VIDEO	San Shin No Kata – Fire and Wind	6TH	
VIDEO	Kihon Happo Torite Gata	6TH	
VIDEO	Kihon Happo Gyaku Waza	6TH	
VIDEO	Weapon – Tanto (knife)	6TH	
PDF	7 th Kyu Manual	6TH	
PDF	Boryaku Ninpo Life Philosophy	7TH	
DVD	POSTURE POWER - Kamae and their use in defense	7TH	
DVD	BODY and HEALTH REJUVENTATION DAILY PRACTICE	8TH	
	RANK TEST TIME - OPTIONAL		

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6TH KYU LEVEL			
6th KYU LEVEL	At this level in your taihenjutsu (body movement skills) you should be able to roll without using your hands so that you can either pick up a weapon or take down an attacker as you are rolling. This LEVEL covers how to do this as well as Shiho Tenchi Tobi (4-way leaping skills), Shiho Geri (4-way kicking) and Sokoyaku Ken (heel/sole foot dance). You'll learn the last set of the Sanshin no kata, the Ku or void feeling form. From the Kihon Happo you'll practice the Jumonji no kata (crossed hand posture movement drill) & Musha Dori. The Kusari fundo, a weighted chain, is the weapon focus for this level (we always use a rope version for safety when training with a partner). The importance of meditation & diet are briefly covered as well. Leaping skills in several directions, Thumb striking, Void feeling form, Medium level Grappling, Kusari Fundo- (Rope/Chain) techniques, Advanced kicking including 4-way (Shiho tenchi Tobi). Meditation, Diet, More Kihon Happo.	9TH	
VIDEO	Taihenjutsu – Tenchi Tobi	9TH	
VIDEO	Taihenjutsu – Kaiten	9TH	
VIDEO	Dakentaijutsu	9TH	
VIDEO	San Shin No Kata - void	9TH	
VIDEO	Kihon Happo – Jumoni and Musha Dori	9TH	
VIDEO	Weapon – Kusari Fundo Rope/Chain	9TH	
PDF	6th Kyu Manual	9TH	
PDF	Seishin-jutsu Spiritual refinement training	10TH	
LEVEL	"SANSHIN NO KATA - Chi, Sui, Ka, Fu and Ku No Kata"	10TH	
DVD	KUSARI FUNDO VOL 1 (Beginner)	11TH	
RANK TEST TIME - OPTIONAL			
5TH KYU LEVEL			
5th KYU LEVEL	The focus at this level is learning the Kihon Happo movements with efficiency and knowledge of the Japanese names for each technique. This level is a major step and accuracy as well as good body flow is a must. Advanced kicking & punching methods practiced while going to the ground as well as Muto Dori Gata (empty handed sword evasion forms) are on this Level. You will learn how to strike using the Boshi Ken (thumb fist) & Shako Ken (claw fist), and to kick using Kakushi Geri & Sampo Geri forms. Continuing the Kihon Happo you will learn Hicho no kata (flying bird form movement drill) and Ganseki Nage (beginning throwing forms). Basic grappling forms are also covered at this level and the weapon focus for this level is Shuriken (throwing stars). Sword evasion forms, Medium level Grappling (Kihon Happo), Body grab	12TH	

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	escapes, Shuriken techniques, Beginning throws (Nage), advanced kicking and punching methods also done while falling.		
VIDEO	Taihenjutsu – Ukemi skills	12TH	
VIDEO	Dakentaijutsu	12TH	
VIDEO	Kihon Happo – Koshi Sanpo	12TH	
VIDEO	Kihon Happo Torite Gata	12TH	
VIDEO	Gyaku Waza – reversal techniques	12TH	
VIDEO	Shinken Gata – Muto Dori (Sword evasion Forms)	12TH	
VIDEO	Hajutsu Kuho – Taihodoki (body grab escapes)	12TH	
VIDEO	Weapon - Shuriken	12TH	
PDF	5th Kyu Manual	12TH	
DVD	KIHON HAPPO - Koshi Sanpo and the Torite Goho Gata	13TH	
DVD	KUSARI FUNDO - ADVANCED	14TH	
	RANK TEST TIME - OPTIONAL		
	4TH KYU LEVEL		
4th KYU LEVEL	At this level you need to be proficient at taking your opponent off balance. This LEVEL reviews how important balance is in your training and in your life. You'll also find jumping kicks, jumping & diving rolls, running up surfaces, wrist breaking techniques, leg sweeps & how to counter kicks all on this Level. The weapon focus for 4th Kyu is the Rokushaku Bo (6ft staff) and you will learn basic strikes & distancing for this weapon. Jumping kicks, Countering Kicking attacks, leg sweeps, wrist breaking techniques, 6ft bo staff training (basic and advanced), Rolls (jumping and diving), Flying techniques	15TH	
VIDEO	Gyaku Waza	15TH	
VIDEO	Taehenjutsu	15TH	
VIDEO	Jutaijutsu	15TH	
VIDEO	Dakentaijutsu	15TH	
VIDEO	Weapon – Rokushakubo (6ft staff)	15TH	
	4th Kyu Manual	15TH	
COURSE PT1 -4th	SHIDOSHI TEACHER TRAINING Sec 0 – Intro	15TH	
COURSE PT1 -4th	SHIDOSHI TEACHER TRAINING Sec 1 – What it means_Shidoshi	15TH	
COURSE PT1 -4th	SHIDOSHI TEACHER TRAINING - Audio 1 Unveiling the Mystery	16TH	
DVD	NINJA WEAPONS BASICS - VOL. 1 Hanbo-Tanto-Kusari-Shuriken-Teppan-Bo-Naginata	17TH	

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	RANK TEST TIME - OPTIONAL		
	3rd KYU LEVEL		
3rd KYU LEVEL	At this point in your training your attention should be on your partner's body and the effects that your movement and technique have on your partner. This Level reviews the importance of this as well as introducing the sword, including how to hold it, 10 different sword kamae (postures) and the basic movements and cuts from each of the 10 postures. Advanced Taisabaki (body evasion) is covered on this tape, paying specific attention to distancing & timing, as well as advanced Ganseki Nage (throwing forms), power moves & damaging blows to crush your opponent. Sword postures (10 different kamae), basic movement and cutting from each one, Throwing skills of ganseki forms, Silent movement, using nature, Fist and body harmony, power moves, damaging blows crush your opponent.	18TH	
VIDEO	Taihenjutsu – Tai Sabaki and Shinobi Aruki	18TH	
VIDEO	Dakentaijutsu – Kentai ichi (fist body harmony)	18TH	
VIDEO	Hajutsu Kuho – Taihodoki	18TH	
VIDEO	Nage Waza (Throws)	18TH	
VIDEO	GotonPo	18TH	
VIDEO	Weapon - Katana	18TH	
PDF	3rd Kyu Manual	18TH	
COURSE PT2 -3rd	SHIDOSHI TEACHER TRAINING Sec 2 – Understanding Path	18TH	
COURSE PT2 -3rd	SHIDOSHI TEACHER TRAINING - Audio 2 Living your Budo Path	18TH	
COURSE PT3 -3rd	SHIDOSHI TEACHER TRAINING Sec 3 – Exploring the Way	19TH	
COURSE PT3 -3rd	SHIDOSHI TEACHER TRAINING - Audio 3 Exploring the Way	19TH	
CD	CD- SOURCING ENLIGHTENMENT	19TH	
DVDS	DISARMING GUNS/KNIVES/STICKS	20TH	
	RANK TEST TIME - OPTIONAL		
	2nd KYU LEVEL		
2nd KYU LEVEL	This level focuses on advanced falling, leaping, and evasion skills. Kuten (front handspring), Noburi kata (climbing trees, buildings, poles), and Suwari gata (kneeling forms): wrist grabs, reversals, throws and kicks from a kneeling position are shown. You'll learn five new strikes: Shuki ken (hand start fist), Sakki ken (foot start fist), Shishin ken (finger needle strike) and Happa ken (eight leaf fist) as well as Tai ken, the use of the whole body as a fist. Koppo jutsu or bone attacks and Shime waza go kata (the five strangle hold/choking techniques) are also	21ST	

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	taught on this Level. Weapon focus on this video is the proper use of Shuko (hand claws) and Kenjutsu Shinobi Iai the art of properly drawing a sword. Short discussion on using dreams as insight into things that are happening in your life. Choking and strangulation holds, Knee and elbow strikes, Bone attacks, Climbing trees skills, How to draw a Sword several ways, Fighting from sitting and kneeling, Hand claws, Dream work.		
VIDEO	Suwarigata	21ST	
VIDEO	Taihenjutsu	21ST	
VIDEO	Dakentaijutsu	21ST	
VIDEO	Shime Waza Go Kata	21ST	
VIDEO	Weapon – Shuko (hand claws)	21ST	
PDF	2nd Kyu Manual	21ST	
COURSE PT4 -2nd	SHIDOSHI TEACHER TRAINING Sec 4 - Stages Along Path	21ST	
COURSE PT4 -2nd	SHIDOSHI TEACHER TRAINING - Audio 4 – 5 Stages Along Path	21ST	
COURSE PT5 -2nd	SHIDOSHI TEACHER TRAINING Sec 5 – History of the way	22ND	
COURSE PT5 -2nd	SHIDOSHI TEACHER TRAINING - Audio 6-7 History of the Way	22ND	
DVD	NINJA WEAPONS BASICS - VOL. 2 - Sword-Jutte-Shuko-Shoge-Yari-Gun-Kunai	22ND	
LEVEL	TAIJUTSU INTEGRATION MAGIC - IBDA TAI KAI 2007	23RD	
	RANK TEST TIME - OPTIONAL		
	1st KYU LEVEL		
1st KYU LEVEL	This LEVEL covers Stealth movement and Gotonpo (body concealment methods using nature to escape). Koshijutsu (organ and muscle attacks) are taught using points on the wrists, arms, shoulders, throat, face, back, chest and legs etc. Advanced throwing variations (henka) from the Kihon Happo movements of Ura Gyaku, Omote Gyaku, Musha Dori and Ganseki Nage are shown as well as Koshi nage (hip throws), Itami nage (pain throws) and a rare demonstration of Kuki nage (throwing without touching your opponent by using energy and intent only- no body contact). Weapon focus is the Kyoketsu shoge (long rope with circular ring on one end and a double bladed dagger on the other) and how to use Metsubushi (blinding powder). Stealth, Escaping from danger using nature (Gotonpo), Advanced throws (Nage waza), Organ and muscle attacks of Kosshijutsu, Variations of advanced grappling forms, Rare Shoge weapon, Metsubushi blinding powders.	24TH	
VIDEO	Dakentaijutsu	24TH	
VIDEO	Kihon Happo Torite Gata	24TH	
VIDEO	Nage Waza	24TH	
VIDEO	Taihenjutsu – Gotonpo	24TH	

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VIDEO	Weapon – Metsubushi and Kyoketsu Shoge	24TH	
PDF	1st Kyu Manual	24TH	
COURSE PT6-1st	SHIDOSHI TEACHER TRAINING Sec 6 – How to Teach	24TH	
COURSE PT6-1st	SHIDOSHI TEACHER TRAINING - Audio 8-12 How to Teach	24TH	
COURSE PT6-1st	SHIDOSHI TEACHER TRAINING – DVD 1 Great Teacher	25TH	
DVD	KYOKETSU SHOGE & KUSARI - IBDA TAI KAI 2007	25TH	
DVD	COMBAT NINJUTSU	26TH	
	RANK TEST TIME - OPTIONAL		
SHODAN LEVEL			
SHODAN-1ST DEGREE	Knife and gun disarms, how to deal with multiple attackers, Kihon Happo reversing and countering techniques as well as natural taijutsu (body movement) with a gun. Breaking body balance, flowing from technique to technique, capturing the essence of the techniques, and getting your life to work for you are all covered on this LEVEL. If you have really been practicing, by this level of your training your life should be very different than when you first started training. You will be more confident, more relaxed and generally a happier, more aware, and more conscious human being. Knife and gun disarms, Handling multiple attackers, Reversing/countering techniques, Natural Gun shooting, breaking body balance, flowing technique to technique, capturing the feeling, Randori.	27TH	
VIDEO	Into to the Shodan level	27TH	
VIDEO	Multiple Attackers	27TH	
VIDEO	Kihon Happo Reversals	27TH	
VIDEO	Randori Practice	27TH	
VIDEO	Weapon - Gun	27TH	
VIDEO	Knife Disarms	27TH	
VIDEO	Final words on Obtaining your blackbelt	27TH	
PDF	Shodan Manual	27TH	
DVD	GETTING OUT OF TOUGH SITUATIONS - IBDA TAI KAI 2007	27TH	
COURSE PT7	SHIDOSHI TEACHER TRAINING Sec 7 – Lesson Plans	28TH	
COURSE PT7	SHIDOSHI TEACHER TRAINING - Audio 13 Lesson Plans	28TH	
COURSE PT7	SHIDOSHI TEACHER TRAINING – DVD Lessons in Teaching	29TH	
DVD	SWORD TRAINING - IBDA TAI KAI 2007	30TH	

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COURSE PT8	SHIDOSHI TEACHER TRAINING Sec 8 – Ten Chi Jin	31ST	
COURSE PT9	SHIDOSHI TEACHER TRAINING Sec 9 – IBDA Shidoshi process	32ND	
DVD	COMPARING THE BUJINKAN SCHOOLS - IBDA TAI KAI 2007	33RD	
In Person	RANK TEST TIME - OPTIONAL		
BUDO TAIJUTSU COURSE			
DVD / PDF	SHIHAN RICHARD VAN DONK's BUDO TAIJUTSU MASTER CONCEPTS	34TH	
PDF	TEN CHI JIN SHIHAN RICHARD VAN DONK PERSONAL TRAINING MANUAL	35TH	
NIDAN - 2ND DEGREE BLACKBELT LEVEL			
DVD / PDF	GYOKKO RYU COMPLETE COURSE	3 RD YEAR	
DVD / PDF	JO RYAKU NO MAKI – VIDEOS AND MANUAL	36TH	
DVD / PDF	CHU RYA KYU NO MAKI – VIDEOS AND MANUAL	40TH	
DVD / PDF	GE RYAKU NO MAKI – VIDEOS AND MANUAL	44TH	
DVD / PDF	KUDEN / BAKU-IN – VIDEOS AND MANUAL	42ND	
PDF	KUKISHINDEN RYU HANBO	43RD	
DVD	FIGHTING IN ARMOR - IBDA TAI KAI 07	47TH	
In Person	RANK TEST TIME - OPTIONAL		
SANDAN – 3RD DEGREE BLACKBELT LEVEL			
DVD / PDF	SHINDEN FUDO RYU COMPLETE COURSE	4 TH YEAR	
DVD / PDF	TEN NO KATA – VIDEOS AND MANUAL	4 TH YEAR	
DVD / PDF	CHI NO KATA – VIDEOS AND MANUAL	4 TH YEAR	
DVD / PDF	SHIZEN SHIGOKU NO KATA – VIDEOS AND MANUAL	4 TH YEAR	
PDF	KUKISHINDEN RYU BOJUTSU	4 TH YEAR	
In Person	RANK TEST TIME - OPTIONAL		
YONDAN - 4TH DEGREE BLACKBELT LEVEL			
	TAKAGI YOSHIN RYU COMPLETE COURSE	5 TH YEAR	
DVD / PDF	SHODEN LEVEL – 3 LEVELS – VIDEOS AND MANUAL	5 TH YEAR	
DVD / PDF	CHUDEN LEVEL – VIDEOS AND MANUAL	5 TH YEAR	
DVD / PDF	OKUDEN LEVEL – 4 LEVELS – VIDEOS AND MANUAL	5 TH YEAR	
PDF	KUKISHINDEN RYU SOJUTSU	5 TH YEAR	
In Person	RANK TEST TIME - OPTIONAL		

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GODAN - 5TH DEGREE BLACKBELT LEVEL			
	KOTO RYU COMPLETE COURSE	6 TH YEAR	
DVD / PDF	SHODEN LEVEL – VIDEOS AND MANUAL	6 TH YEAR	
DVD / PDF	CHUDEN LEVEL – VIDEOS AND MANUAL	6 TH YEAR	
DVD / PDF	OKUDEN LEVEL – VIDEOS AND MANUAL	6 TH YEAR	
DVD / PDF	HEKITO LEVEL – VIDEOS AND MANUAL	6 TH YEAR	
In Person	RANK TEST TIME - OPTIONAL with Shihan Richard Van Donk		
BUDO TAIJUTSU COURSE			
DVD / PDF	BUDO TAIJUTSU COMPLETE COURSE -	7 TH YEAR	
DVD	11 DVDS – MANY INSTRUCTORS	7 TH YEAR	
PDF	MANUAL	7 TH YEAR	
~ BONUSES ~			
	<i>This category will continue to grow with students and instructors adding to it</i>		
	1988 LOS ANGELES TAI KAI	Instant	
	1989 SAN FRANCISCO TAI KAI	2 ND Month	
	1989 NEW JERSEY TAI KAI	4 TH Month	
	1991 TEXAS TAI KAI	5 TH Month	
	JAPAN TRAINING VOL 1 and 2 Set	6 TH Month	
	OPTIMAL LIFE COURSE –quick change keys	Instant	
	IBDA 2012 TAI KAI	7 TH Month	
	IBDA TAI KAI 2007	8 TH Month	
	WARRIOR TAIJUTSU SECRETS	9 TH Month	
18 SKILLS of the Ninja			
	Skill Sets of the Ninja. Unveiled as you train.		
	1. Seshin Tenkan Koyo – Spiritual Refinement KUJI_IN Basic Overview KUJI-KIRI – Basic Overview	7 TH KYU 2 ND KYU	
	<i>This category will continue to grow with students and instructors adding to it</i>		