

BULLITT COUNTY MARTIAL ARTS ACADEMY

LION WARRIORS

PROGRAM HANDBOOK



Bullitt County Martial Arts Academy
LION WARRIORS
Program Handbook

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WORDS TO REMEMBER

"The path toward graceful living begins with recognizing beauty and contentment in simple, purposeful moments. "

— The Essence of Budo, Hanshi Michael Crump

CONTENTS

Makoto no Sho	1
WELCOME TO THE LION WARRIORS PROGRAM!	2
What It Means to Be a Lion Warrior	3
Dojo Rules & Code of Conduct	4
BCMAA Dojo Tenets and Student Pledge	5
Opening and Closing Ceremony	6
Tuition and Membership Policies	7
Tuition	7
Ranking and Testing Process	7
Required Equipment and Uniform	7
Drop-Off and Pick-Up Policy	7
Communication and Announcements	8
Inclement Weather Policy	8
Code of Conduct for Parents and Spectators	8
Lost and Found / Personal Belongings	8
BCMAA Pro Shop & Gear Orders	8
Shido no Sho	9
Your Training Path Overview	10
Beginner and Intermediate Belt Cycles	10
Curriculum Lesson Phases (Beginner and Intermediate)	11
Program Phases	11
Weekly Themes	12
Waza no Sho	13
Complete Lion Warriors Program Skills	14
Stances – 立ち (Tachi / tah-chee)	14
Postures – 構え (Kamae / kah-mah-eh)	15
Breakfalls – 受け身 (Ukemi / oo-keh-mee)	16
Footwork – 足捌き (Ashisabaki / ah-shee-sah-bah-kee)	16
Blocks – 受け (Uke / oo-keh)	17
Punches / Thrusts – 突き (Tsuki / tsoo-kee)	18
Kicks – 蹴り (Keri / keh-ree)	19

Throws – 投げ (Nage / nah-geh).....	20
Pinning Techniques – 押さえ込み (Osaekomi / oh-sah-eh-koh-mee)	20
Joint Locks – 関節技 (Kansetsu Waza / kahn-seh-tsoo wah-zah)	21
Forms / Patterns – 型 (Kata / kah-tah).....	21
Staff Techniques – 棒術 (Bojutsu / boh-joo-tsoo)	22
Lion Warriors Beginner Program Lessons.....	23
Lion Warriors Intermediate Program Lessons	24
Seishin no Sho.....	25
What Is Seishin?	26
Earning Seishin Badges.....	27
Shosho no Sho.....	28
Testing and Belt Tracker	29
Seishin Badge Chart	30
Appendix.....	33
How to Tie Your Karate Belt (Obi)	34
Step-by-Step Instructions	34
Belt-Tying Rules.....	34
How to Wear Your Karate Uniform (Gi)	35
Step-by-Step Instructions	35
Uniform Rules	35
Dojo Commands.....	36
Counting in Japanese (1–10).....	36
The Way of the Warrior (Budo).....	37
What Does It Mean to Be a Warrior?	37
Why Do People Suffer?	37
A Story About a Young Man.....	37
What Warriors Believe	38
The 9 Virtues of a Lion Warrior	38
A Simple Lesson.....	38
What It All Means	39

卷之一
MAKOTO NO SHO
(Scroll of Truth)
Dojo Philosophy & Conduct

	BODY 体	
MIND 心		SPIRIT 魂

WELCOME TO THE LION WARRIORS PROGRAM!

We're excited to welcome you to our dojo family. This program was created just for young martial artists like you—brave kids between the ages of 6 and 9—who are ready to begin their journey toward strength, focus, and confidence.

As a Lion Warrior, you'll learn the building blocks of martial arts: how to stand strong, how to move with control, and how to show respect to yourself and others. You'll also learn how to be a good teammate, how to focus your energy, and how to never give up—even when things get tough.

At Bullitt County Martial Arts Academy, we believe every student can grow into his or her best self. Our dojo is a place of safety, discipline, and fun. You'll make new friends, practice powerful techniques, and discover just how strong you can be.

We're proud of you for starting this adventure. Let's roar with courage, train with heart, and walk the path of the Lion Warrior together!

With pride and respect,

Hanshi Michael Crump
Nidan Sensei Tisha Crump
Bullitt County Martial Arts Academy



What It Means to Be a Lion Warrior

A **Lion Warrior** is not just someone who learns to kick and punch.

A Lion Warrior is **brave, kind, and strong in spirit**. They protect others. They speak the truth. And they try their best—even when something is hard.

Just like a lion leads with courage, a Lion Warrior leads with **honor**.

At Bullitt County Martial Arts Academy, being a Lion Warrior means:

- Standing up for what's right
- Helping your community
- Showing respect to parents, teachers, and others
- Never giving up, even if you fall
- Always growing—on the mat and in your heart

You don't have to be the biggest, the fastest, or the loudest to be a Lion Warrior.

You just have to **try your best**, follow the code, and keep training with courage.

Color Me Brave!

Color the Lion Warriors on this page. Then draw yourself between them!
How are you showing courage, kindness, or strength?

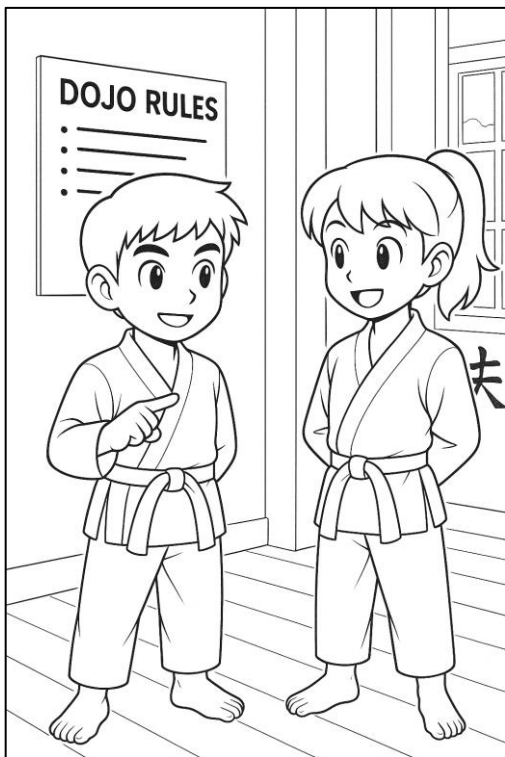
Write one way you are brave:

"I am brave when I _____."



Dojo Rules & Code of Conduct

To be a great martial artist, you must train with respect, discipline, and a positive attitude—both in and out of the dojo.



When You're Inside the Dojo:

- Show up on time and be ready to train.
- Always bow when entering or leaving the mat.
- Keep your uniform clean, your belt tied, and your nails trimmed.
- No shoes, food, or gum on the mat.
- Listen carefully and follow directions.
- Keep hands and feet to yourself unless told otherwise by your instructor.
- Be kind and respectful to all students—no matter their rank.
- Help keep the dojo clean and safe.

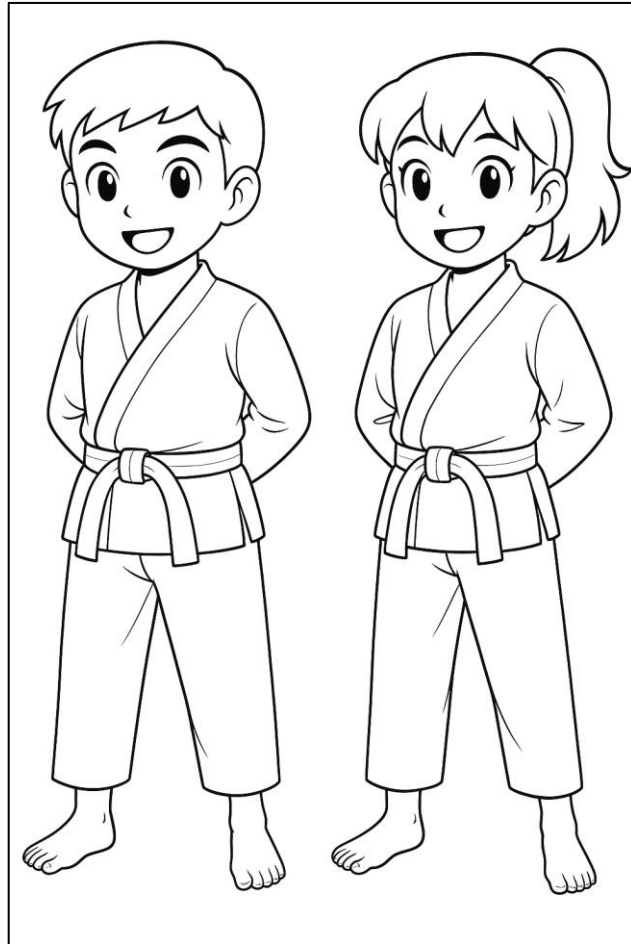
When You're Outside the Dojo:

- Live by the dojo tenets: **Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit.**
- Use martial arts only for self-defense or in class—never to show off or hurt others.
- Be respectful at home, in school, and everywhere you go.
- Be a role model—people are watching you!



The dojo is your training home. Treat it—and everyone in it—with honor.

BCMAA Dojo Tenets and Student Pledge



Tenets

(Say these with pride and live them every day)

- **Courtesy** 礼儀 – Reigi Always be polite and respectful.
- **Integrity** 誠 – Makoto Do what's right, even when no one is watching.
- **Perseverance** 忍耐 – Nintai Never give up, even when it's hard.
- **Self-Control** 自制 – Jisei Stay calm and make good choices.
- **Indomitable Spirit** 勇氣 – Yuki Be brave. Never let fear stop you.
- Shout: **VICTORY!!!**

Student Pledge

(Recited during each class)

I am developing myself in a positive manner,
Gaining self-discipline, self-control, and a **“YES, I CAN”** attitude.

Quitters never win, and winners never quit.

I choose to be a winner.

I will use common sense before self-defense

And never be abusive or offensive.

I am a student in a Black Belt School—

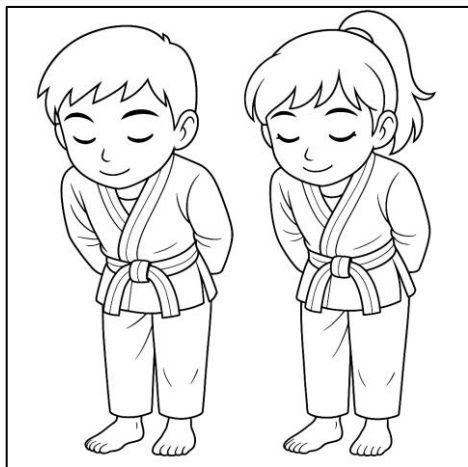
I am **DEDICATED, MOTIVATED, and**
ON A QUEST TO BE MY BEST!

KIAI!!!

Opening and Closing Ceremony

Opening Ceremony

1. Line up in rank order facing the front
2. Kneel in Seiza position.
3. **"Mokuso"** — Begin meditation.
4. **"Mokuso Yame"** — End meditation.
5. **"Shomen-ni-Rei"** — Bow to the front to show respect for the art.
6. **"Sensei-ni-Rei"** — Bow to the instructor.
7. **"Otagai-ni-Rei"** — Bow to fellow students.
8. Class Begins.



Closing Ceremony

1. Line up in rank order facing the front
2. Say Tenets and Pledge
3. **"Shomen-ni-Rei"** — Bow to the front to show respect for the art.
4. **"Sensei-ni-Rei"** — Bow to the instructor.
5. **"Otagai-ni-Rei"** — Bow to fellow students.
6. Students form a circle and shout together: **"LION WARRIORS!"**
7. Students are dismissed.
8. *The class officially ends.*



Candy Bucket Reward

At the end of class, students who showed good behavior and followed the dojo rules may choose **one piece of candy** from the candy bucket!

To earn this reward, you must:

- Arrive prepared and ready to learn
- Show respect to your instructors and classmates
- Follow the dojo rules
- Try your best
- **Not misbehave** during class
- Have Parent / Guardian Permission

This sweet treat is our way of saying "Great job!" to our Lion Warriors who train with focus, discipline, and respect.

Remember: One piece only—and only if you've earned it!

Tuition and Membership Policies

(Parents / Guardians)

Tuition

- Tuition is billed monthly and due by the first class of each month.
- A late fee will be applied if payment is not received by the 10th.
- Students must have active tuition to attend class or participate in testing.
- A 30-day written notice is required to pause or cancel membership.

Ranking and Testing Process

- All Students progress through a structured 16-week curriculum.
- 80% attendance is required to remain on track.
- Students must demonstrate skill proficiency during class.
- Each belt test includes a Seishin Badge project.
- Positive dojo behavior, respect, and spirit are essential and evaluated.
- Students must receive an **official invitation to test**, and present that invitation **along with the appropriate testing fee** on testing day.
- All testing details specific to your child will be included on the invitation.

Required Equipment and Uniform

- Full BCMAA Uniform (Gi) and Belt
- Sparring Gloves (introduced after the first cycle)
- Shin Guards (introduced later)
- Mouthguard (introduced later)
- Water Bottle
- Training Notebook or Journal (optional)

Note: Required sparring gear will be introduced as students reach appropriate stages of training.

Drop-Off and Pick-Up Policy

- Students should arrive no more than 15 minutes before class begins.
- Parents/guardians must escort young children into the building.
- Please pick up your child promptly at the end of class.
- BCMAA staff are not responsible for students before or after their scheduled class time.
- If someone other than a parent/guardian is picking up, please notify staff in advance.
- Siblings and guests must remain seated and respectful while inside the dojo.

Communication and Announcements

- Important updates are shared through the BCMAA Facebook page, our website bulletin board, and the in-school calendar. (*We regularly post announcements in all three locations to keep families informed of upcoming events, class changes, and important reminders.*)
- Class changes, cancellations, or weather-related closures will be announced as early as possible.
- Please ensure your contact information is current in our system.
- It's the responsibility of each family to stay informed through posted announcements.
- Monthly calendars and special event details will be posted on our dojo bulletin board and online.
- If you have questions, please contact us directly—do not rely on student word-of-mouth.

Inclement Weather Policy

- BCMAA follows local school district closures when severe weather impacts safety.
- Class cancellations due to weather will be announced via email, Facebook, and text alert.
- If in doubt, check for updates before heading to class.
- Weather-related closures will not be automatically refunded, but make-up classes will be offered when possible.

Code of Conduct for Parents and Spectators

- Parents and guests are welcome to observe but must remain seated and respectful during class.
- Please avoid coaching or distracting students during training.
- Disruptive or disrespectful behavior may result in removal from the viewing area.
- Support your child by encouraging effort, respect, and perseverance—not just outcomes.
- Photos and videos are permitted with staff approval and must not interrupt class flow.

Lost and Found / Personal Belongings

- Please label all personal items, especially gear and uniforms.
- Unclaimed items will be placed in the Lost and Found bin near the entrance.
- Items not claimed within 30 days may be donated or discarded.
- BCMAA is not responsible for lost or stolen belongings.
- Students should only bring items necessary for training.

BCMAA Pro Shop & Gear Orders

- Uniforms (Gi), belts, and sparring gear can be ordered through our Online Pro Shop.
- Visit the “Pro Shop” section of our website to view available items and place orders.
- New students are required to wear the official BCMAA uniform by the start of their second month.
- Sparring gear will be introduced as students reach the appropriate training stage.
- Orders are fulfilled in batches and distributed during class once they arrive.
- For special orders or items not listed in the online pro shop, please see Hanshi Crump for assistance with our full catalog.

卷之二

SHIDO NO SHO

(Scroll of the Path)

Journey of the Lion Warrior



Your Training Path Overview

In the Lion Warriors Program, students walk a deliberate and powerful path—one that strengthens the body, focuses the mind, and deepens the spirit. The journey is divided into two stages: Beginner and Intermediate, each consisting of a 16-week rotating curriculum repeated three times. Every cycle is an opportunity to revisit essential techniques with sharper focus, improved execution, and greater character.

Beginner and Intermediate Belt Cycles

BEGINNER PROGRAM		
During the Beginner phase, students cycle through the foundational curriculum three times. Each round raises the standard of performance.		
Belt Cycle	Focus	Expectations
White Belt	Introduction	Learn the basic shapes, movements, and Seishin concepts. Focus on effort and participation.
White / Yellow Belt	Development	Improve technical execution, sharper movements, stronger understanding of Seishin themes. Begin light application in drills.
Yellow Belt	Proficiency	Demonstrate precise techniques, smooth combinations, confident flag sparring and one-steps. Show leadership qualities.
INTERMEDIATE PROGRAM		
Graduates of the Beginner program enter the Intermediate stage, where techniques grow more sophisticated and expectations rise.		
Yellow / Orange Belt	Introduction	New postures, throws, and joint locks are introduced. Students begin learning two new kata and sharpen their spatial awareness and timing.
Orange Belt	Development	Greater focus is placed on flow, strategy, and precision. Students learn to move with intent, connect combinations, and apply concepts under pressure.
Orange / Green Belt	Proficiency	Execution must be clean and purposeful. Students are expected to show leadership in drills, adaptability in sparring, and depth in Seishin spirit.



Curriculum Lesson Phases (Beginner and Intermediate)

Each 16-week phase progresses from stances, strikes, and falling safely to basic throws, pins, kata, and staff work. Alongside physical training, students learn weekly Seishin themes such as Respect, Confidence, Leadership, and Excellence, culminating in a test for promotion.

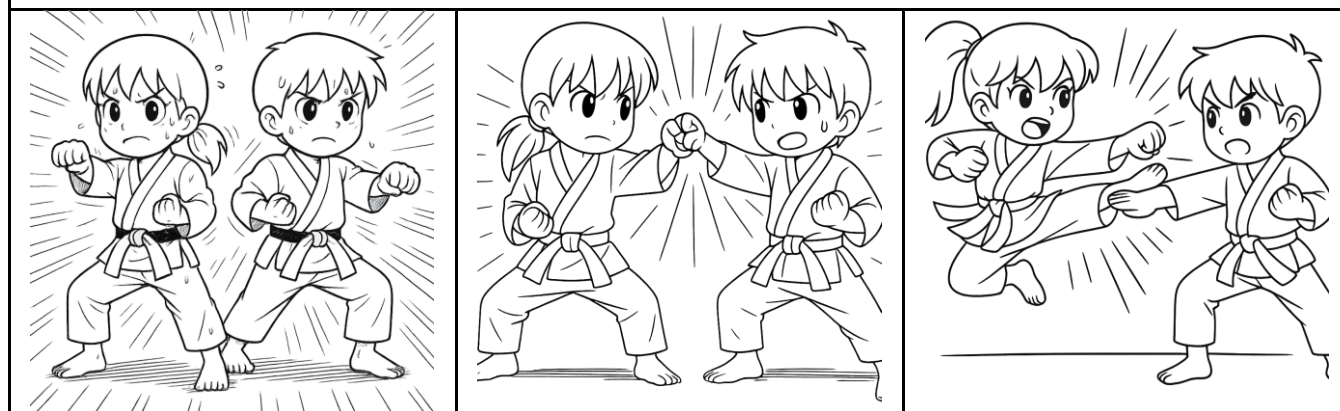
The Intermediate curriculum expands into advanced breakfalls, tactical sparring, deeper joint control, and tool flow drills. Weekly Seishin themes include **Timing, Adaptability, Humility, and Mastery**, guiding students as they refine their technique and deepen their warrior spirit.

Throughout both stages, students are not merely learning techniques—they are forging the habits and character of martial artists. Each repetition is not a loop, but a spiral—bringing them closer to excellence in every form.

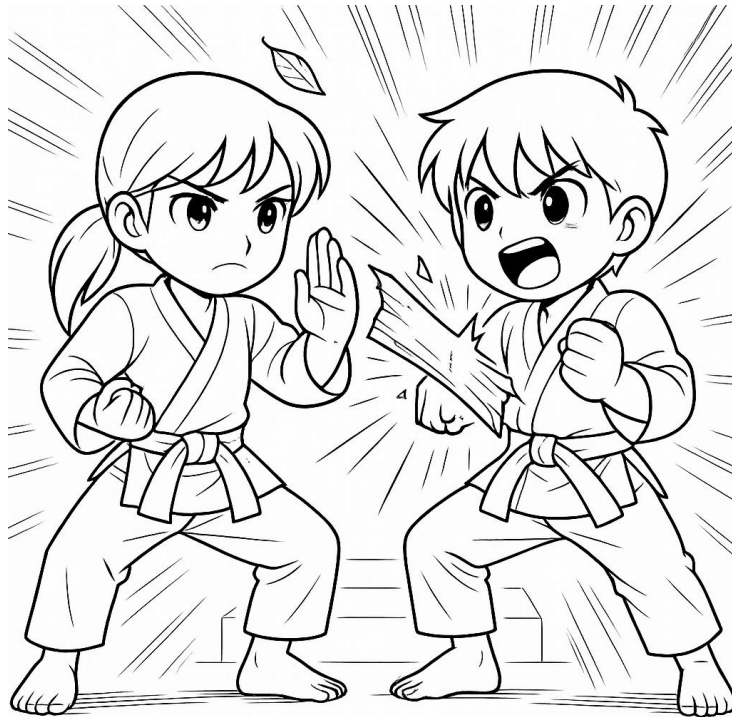
Program Phases

BEGINNER PROGRAM		
Phase	Weeks	Focus
Phase 1	Weeks 1-8	Foundations: Stances, Footwork, Basic Strikes, Blocks, Falling, and Control
Phase 2	Weeks 9-16	Growth: Throws, Pins, Locks, Forms, Staff Basics, Flag Sparring and One-Steps
INTERMEDIATE PROGRAM		
Phase 1	Weeks 1-8	Intermediate Stances, Rolls, Blocks, Strong Basics
Phase 2	Weeks 9-16	Throws, Joint Locks, Kata, Staff Techniques, Sparring Tactics

LIONHEART STYLE SHINOBI NO JUTSU
COURAGE ♦ STRENGTH ♦ TECHNIQUE



Weekly Themes



Beginner		Intermediate	
Overall Program Theme: <i>"Building Strong Foundations: Mind, Body, Spirit"</i>		Overall Program Theme: <i>"Sharpening the Edge: Focus, Flow, and Precision"</i>	
Week	Theme	Week	Theme
1	Respect: The Foundation	1	Awareness: Know Your Surroundings
2	Discipline: Doing What is Right	2	Focus: Stay Sharp
3	Focus: Mind Over Movement	3	Timing: Move at the Right Moment
4	Balance: Finding Center	4	Control: Power Without Sloppiness
5	Movement: Always Ready	5	Precision: Small Targets, Big Results
6	Defense: Protect First	6	Courage: Act Decisively
7	Confidence: Trust Your Training	7	Adaptability: Flow Like Water
8	Perseverance: Stay Strong	8	Endurance: Last One Standing
9	Courage: Face Challenges	9	Strategy: Outsmart, Don't Outfight
10	Strategy: Think Before Acting	10	Leadership: Build Others Up
11	Strength: Power with Control	11	Spirit: Heart Over Muscle
12	Spirit: Heart of a Warrior	12	Strength: True Power from Within
13	Growth: Always Improving	13	Humility: Stay Grounded
14	Leadership: Set the Example	14	Excellence: Perfect Practice
15	Honor: Living the Way	15	Honor: Integrity in Action
16	Excellence: Our Standard	16	Mastery: Always a Student

卷之三

WAZA NO SHO

(Scroll of Techniques)

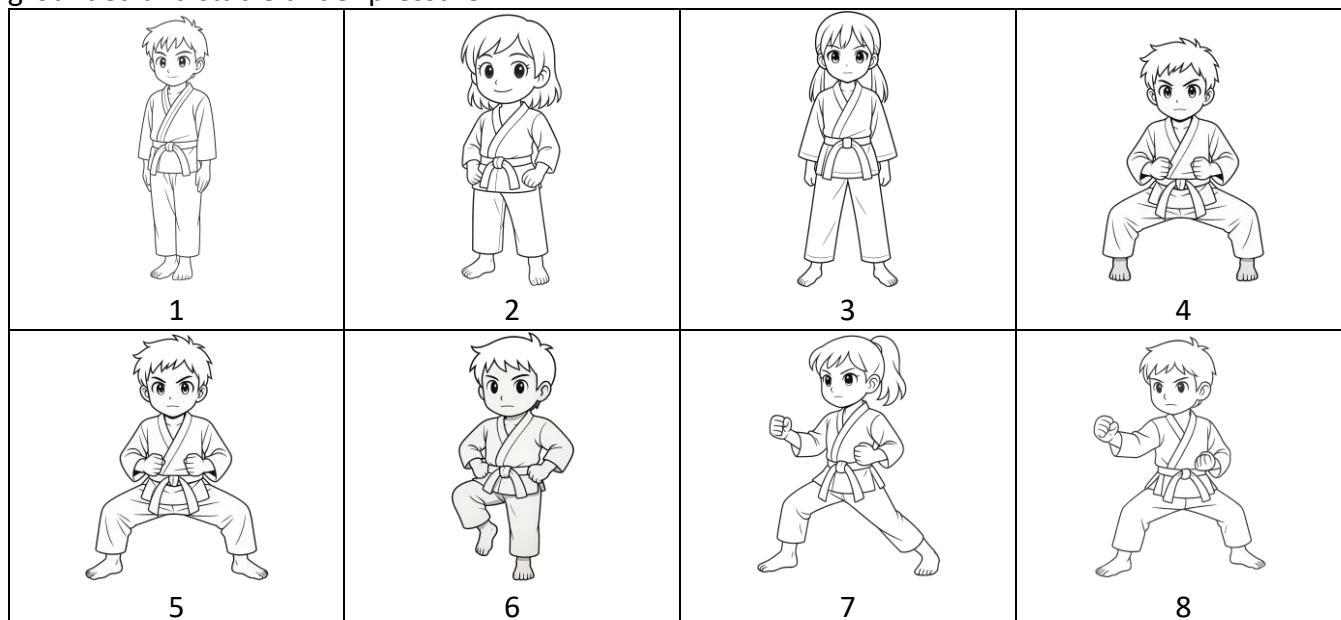
The Way of the Warrior



Complete Lion Warriors Program Skills

Stances – 立ち (Tachi / tah-chee)

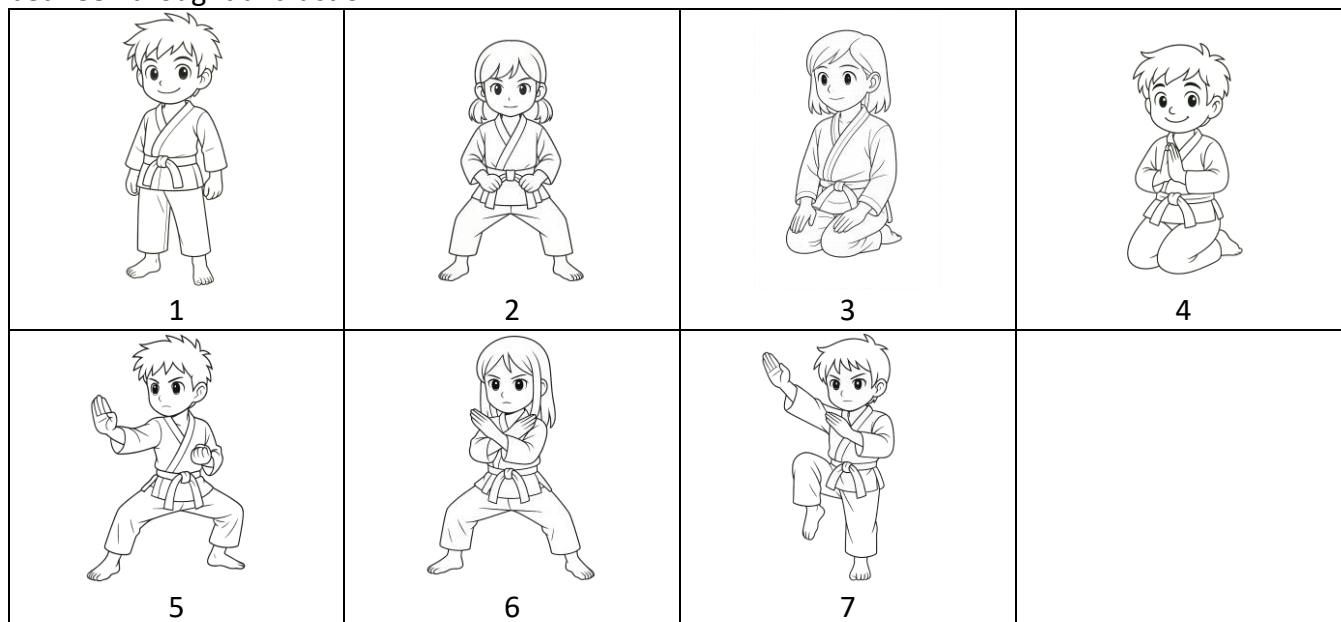
Stances are the foundation of all martial arts movement. Each stance trains balance, posture, and readiness for specific types of actions, from striking and blocking to throwing or defending. Students must learn how to root themselves to the ground like a mountain, or flow from stance to stance like a stream. Mastery of stances allows a martial artist to generate power efficiently while staying grounded and stable under pressure.



1. **Formal Attention Stance – Musubi Dachi / 結び立ち (moo-soo-bee dah-chee):** A ceremonial stance with heels together and toes pointed outward. Used for bowing and showing respect.
2. **Parallel Stance – Heiko Dachi / 平行立ち (hey-koh dah-chee):** Feet Hip-width apart and parallel. A neutral, relaxed stance.
3. **Natural Stance – Hachiji Dachi / 八字立ち (hah-chee-jee dah-chee):** Feet apart with toes pointed outward like the Japanese character for eight (八). Ready for motion.
4. **Horse Stance – Kiba Dachi / 騎馬立ち (kee-bah dah-chee):** A wide, low stance with feet parallel. Builds leg strength and root.
5. **Sumo Stance – Shiko Dachi / 四肩立ち (shee-koh dah-chee):** Wider than horse stance with toes pointed outward. Stable and grounded.
6. **Crane Stance – Tsuru Dachi / 鶴立ち (tsoo-roo dah-chee):** Standing on one leg, with the other foot raised. Trains balance and focus.
7. **Front Stance – Zenkutsu Dachi / 前屈立ち (zen-koo-tsoo dah-chee):** Long stance with front knee bent and rear leg straight. Powerful for forward techniques.
8. **Back Stance – Kokutsu Dachi / 後屈立ち (koh-koo-tsoo dah-chee):** Majority of weight on the back leg. Used for defensive movement.

Postures – 構え (Kamae / kah-mah-eh)

Postures are the starting positions that define intent and readiness. Unlike stances, which shape the lower body, postures involve the full body—especially the hands, arms, and torso. Each kamae communicates a different state of mind: calm, alert, aggressive, or defensive. Learning to assume the proper kamae for each situation sharpens a student's awareness and reinforces the connection between thought and action.



1. **Natural Posture – Shizen no Kamae / 自然の構え (shee-zen noh kah-mah-eh):** A calm, upright stance with hands relaxed at the sides. Represents peace and awareness.
2. **Ready Posture – Junbi no Kamae / 準備の構え (joon-bee noh kah-mah-eh):** Hands raised slightly, body balanced and alert. Signals preparation for action.
3. **Seated Posture – Seiza no Kamae / 正座の構え (say-zah noh kah-mah-eh):** Traditional kneeling posture used for formal training, meditation, and respect.
4. **Prayer Posture – Gassho no Kamae / 合掌の構え (gah-sshoh noh kah-mah-eh):** Hands together in front of the chest. Symbolizes respect, humility, and intention.
5. **One-Line Posture – Ichimonji no Kamae / 一文字の構え (ee-chee-mohn-jee noh kah-mah-eh):** Arms extended in a straight line with the body. A defensive posture of simplicity and precision.
6. **Cross Posture – Jumonji no Kamae / 十文字の構え (joo-mohn-jee noh kah-mah-eh):** Arms crossed in front of the body, guarding centerline. Used for protection and readiness.
7. **Crane Posture – Hicho no Kamae / 飛鳥の構え (hee-choh noh kah-mah-eh):** One-legged stance with hands in defensive position. Reflects lightness, vigilance, and balance.

Breakfalls – 受け身 (Ukemi / oo-keh-mee)

Ukemi are protective movements that allow the martial artist to fall, roll, and recover safely. Whether thrown by a partner or tripped during a movement, learning to fall correctly is essential for safety and long-term training. Breakfalls train students to relax during impact, protect the head, and rebound into readiness.

1. **Forward Breakfall – Mae Ukemi / 前受け身 (mah-eh oo-keh-mee):** Falling forward safely using the forearms to absorb impact.
2. **Rear Breakfall – Koho Ukemi / 後方受け身 (koh-hoh oo-keh-mee):** A backward fall with chin tucked and arms used to slap the ground and protect the head.
3. **Side Breakfall – Yoko Ukemi / 横受け身 (yoh-koh oo-keh-mee):** A lateral fall, rolling over one shoulder and slapping the ground to disperse energy.
4. **Forward Diagonal Roll – Zenpo Naname Kaiten / 前方斜め回転 (zen-poh nah-nah-meh kai-ten):** A diagonal shoulder roll used to redirect momentum when falling forward.
5. **Rear Roll – Koho Kaiten / 後方回転 (koh-hoh kai-ten):** A backward shoulder roll for safe retreat or redirection.
6. **Side Roll – Yoko Kaiten / 横回転 (yoh-koh kai-ten):** A horizontal roll across the side of the body, used to escape or recover.

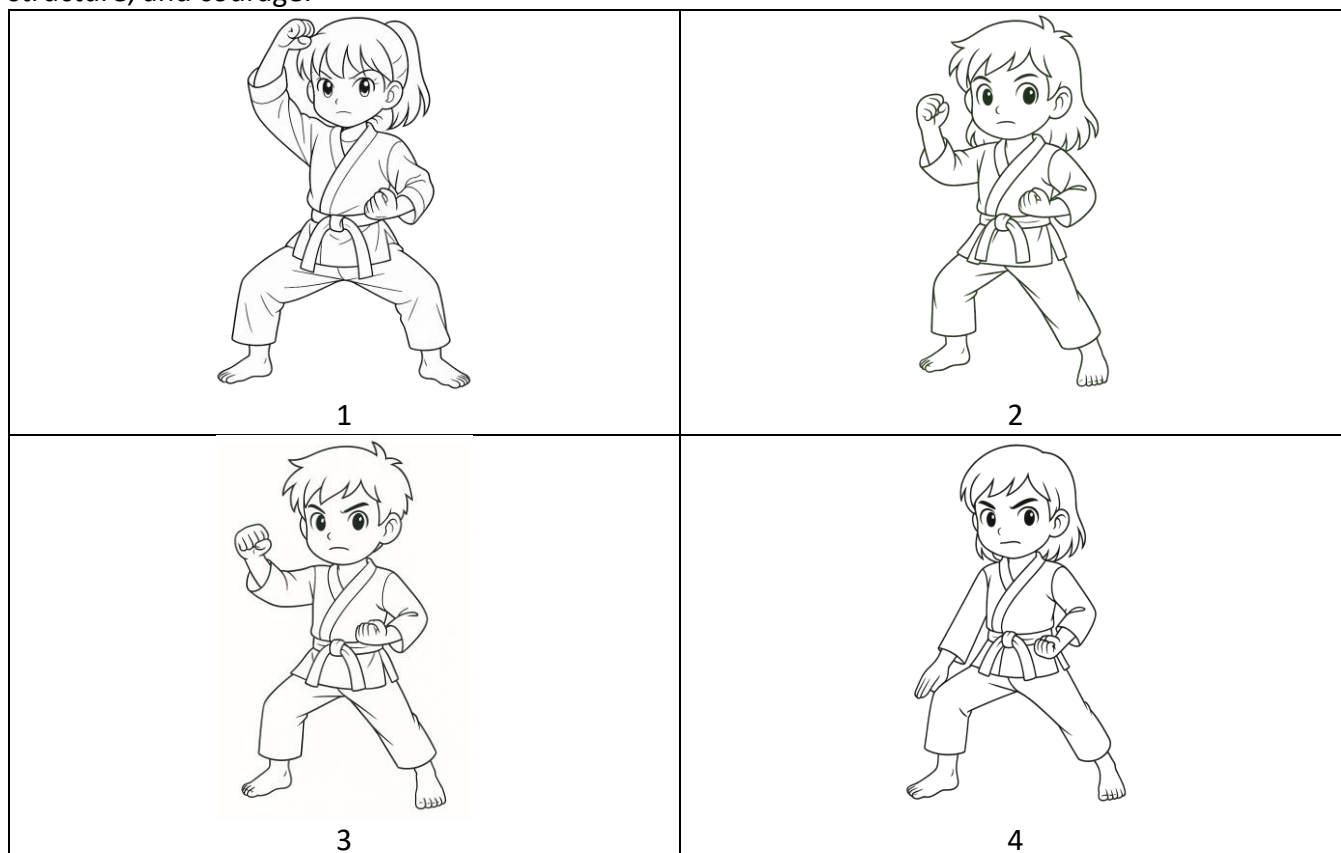
Footwork – 足捌き (Ashisabaki / ah-shee-sah-bah-kee)

Footwork is what connects stances in motion. It includes stepping, sliding, turning, and pivoting while maintaining balance and control. Proper footwork creates opportunity: the ability to strike, evade, or counter with precision. Ashisabaki teaches students to be both rooted and mobile—to move with purpose and awareness.

1. **Walking Step – Ayumi Ashi / 歩み足 (ah-yoo-mee ah-shee):** A natural step where the feet move alternately, like walking. Used for closing or creating distance while maintaining balance.
2. **Following Step – Tsugi Ashi / 継ぎ足 (tsoo-gee ah-shee):** A step where one foot follows or “chases” the other. Keeps your stance intact while moving forward or backward quickly.
3. **Sliding Step / Sending Step – Okuri Ashi / 送り足 (oh-koo-ree ah-shee):** A smooth, gliding motion where one foot leads and the other slides to follow. Helps preserve balance and stance alignment in motion.
4. **Pivot / Turning Step – Tenkan / 転換 (ten-kahn):** A rotational movement where the body turns around a central point. Used to evade, redirect, or reposition smoothly and effectively.

Blocks – 受け (Uke / oo-keh)

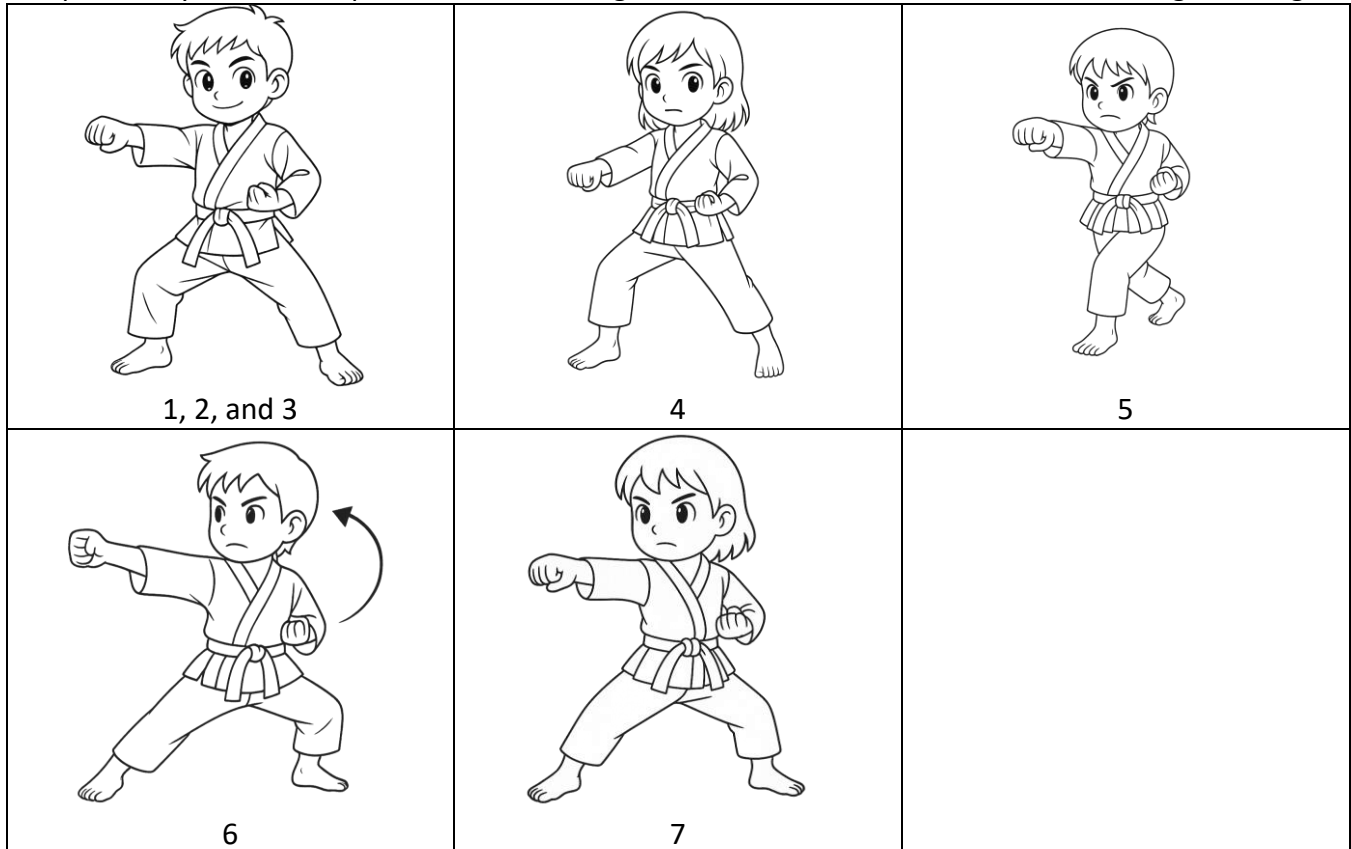
Blocking techniques are defensive movements that redirect or absorb incoming strikes. They are not passive; a strong block breaks the opponent's rhythm and opens space for a counterattack. Blocks can rise, sweep, or intercept depending on the angle and timing. Consistent training develops timing, structure, and courage.



1. **Rising Block – Age Uke / 上げ受け (ah-geh oo-keh):** A high block used to deflect attacks aimed at the head. The arm lifts upward in a strong arc to intercept strikes from above.
2. **Inside Block – Uchi Uke / 内受け (oo-chee oo-keh):** A sweeping block that moves outward from the centerline, redirecting strikes away from the body. Often used against hooks or round attacks.
3. **Outside Block – Soto Uke / 外受け (soh-toh oo-keh):** A block that moves from the outside toward the centerline, used to deflect mid-level attacks like punches. It protects the torso and sets up counter techniques.
4. **Downward Sweeping Block – Gedan Barai (Uke) / 下段払い (受け) (geh-dahn bah-rah-ee [oo-keh]):** A low sweeping block aimed at deflecting kicks or strikes to the lower body. Executed with a firm, angled motion to clear the threat.

Punches / Thrusts – 突き (Tsuki / tsoo-kee)

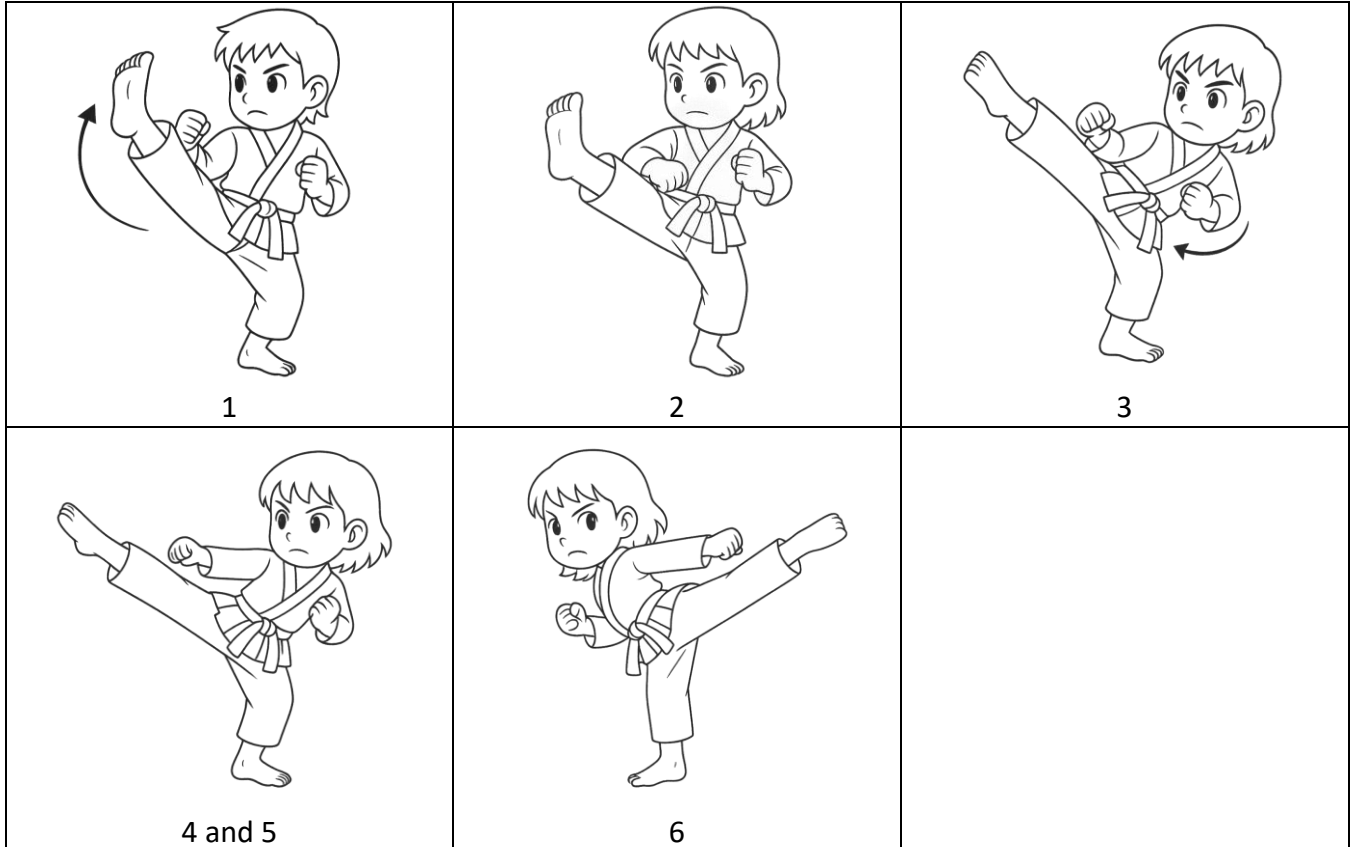
Punches and thrusts are linear attacks designed to deliver speed and power. They teach students how to align the body, rotate the hips, and focus energy through the fist. Practicing tsuki cultivates sharpness, rhythm, and impact control, building confidence and effectiveness in close-range striking.



1. **Straight Punch – Choku Zuki / 直突き (choh-koo tsoo-kee):** A direct, fast punch from a stationary stance, focusing on speed, precision, and clean technique.
2. **Double Punch – Nihon Zuki / 二本突き (nee-hon tsoo-kee):** Two consecutive punches delivered with alternating hands. Builds rhythm and develops coordination in combination striking.
3. **Triple Punch – Sanbon Zuki / 三本突き (sahn-bohn tsoo-kee):** A sequence of three rapid punches. Trains timing, breathing, and sustained striking power.
4. **Jab (Lead Hand Punch) – Kizami Zuki / 刻み突き (kee-zah-mee tsoo-kee):** A fast, snapping punch with the front hand. Used to disrupt, set up techniques, or control distance.
5. **Reverse Punch – Gyaku Zuki / 逆突き (gyah-koo tsoo-kee):** A powerful punch using the rear hand, often delivered from a forward stance. Emphasizes hip rotation and weight transfer.
6. **Backfist Strike – Ura Ken Uchi / 裏拳打ち (oo-rah ken oo-chee):** A whipping strike using the back of the knuckles, typically aimed at the temple or nose. Quick and effective at close range.
7. **Lunge Punch – Oi Zuki / 追い突き (oh-ee tsoo-kee):** A long-range punch with a stepping motion to close distance. Combines reach, speed, and full-body momentum.

Kicks – 蹴り (Keri / keh-ree)

Kicks extend the range of striking and challenge a student's balance and flexibility. Each kick has a different purpose, whether snapping upward, thrusting forward, or striking from the side. Keri training improves coordination, lower-body strength, and precision.



1. **Front Snap Kick – Mae Geri Keage / 前蹴り上げ (mah-eh geh-ree keh-ah-geh):** A quick, snapping kick delivered upward with the ball of the foot. Targets the groin, stomach, or chin.
2. **Front Thrust Kick – Mae Geri Kekomi / 前蹴り蹴込み (mah-eh geh-ree keh-koh-mee):** A driving kick that pushes forward with the heel. Used to strike or create space with force.
3. **Roundhouse Kick – Mawashi Geri / 回し蹴り (mah-wah-shee geh-ree):** A circular kick that wraps around to strike with the shin or instep. Effective for mid- and high-level targets.
4. **Side Snap Kick – Yoko Geri Keage / 横蹴り上げ (yoh-koh geh-ree keh-ah-geh):** A fast, flicking side kick aimed at ribs or knees. Prioritizes speed and surprise.
5. **Side Thrust Kick – Yoko Geri Kekomi / 横蹴り蹴込み (yoh-koh geh-ree keh-koh-mee):** A powerful side kick using the heel to strike and drive the opponent back.
6. **Back Kick – Ushiro Geri / 後ろ蹴り (oo-shee-roh geh-ree):** A rear-directed kick that shoots straight behind the body. Used against close-range attackers with maximum impact.

Throws – 投げ (Nage / nah-geh)

Throws use leverage and timing to off-balance and project an opponent to the ground. Rather than overpowering strength, nage relies on skillful use of body mechanics. Learning to throw properly teaches students to feel and manipulate balance, momentum, and connection.

1. **Rock Throw – Ganseki Nage / 岩石投げ (gahn-seh-kee nah-geh):** A lifting throw where the opponent is hoisted and rotated like a heavy stone. Emphasizes full-body strength and leverage.
2. **Reverse Rock Throw – Gyaku Ganseki Nage / 逆岩石投げ (gyah-koo gahn-seh-kee nah-geh):** A variation of the rock throw with reverse grip or direction. Used to counter resistance or shift momentum unexpectedly.
3. **Major Hip Throw – Ogoshi / 大腰 (oh-goh-shee):** A classic judo-style throw where the attacker turns and pulls the opponent over the hip. Relies on timing, positioning, and body rotation.

Pinning Techniques – 押さえ込み (Osaekomi / oh-sah-eh-koh-mee)

Pins control an opponent on the ground through pressure and positioning. They require understanding of weight distribution and how to prevent escape. Osaekomi techniques are critical for self-defense and grappling situations, teaching calm control rather than brute force.

1. **Vertical Four-Corner Hold (Top Mount) – Tate Shiho Gatame / 縦四方固め (tah-teh shee-ho gah-tah-meh):** A full mount pin where the practitioner sits on top of the opponent's torso, controlling them with weight and posture.
2. **Upper Four-Corner Hold (North/South) – Kami Shiho Gatame / 上四方固め (kah-mee shee-ho gah-tah-meh):** A hold from above the opponent's head, pinning their arms with pressure across the shoulders and chest.
3. **Side Four-Corner Hold (Side Pin) – Yoko Shiho Gatame / 横四方固め (yoh-koh shee-ho gah-tah-meh):** A side control position, pinning the opponent with chest pressure and leg control.
4. **Scarf Hold – Kesa Gatame / 袈裟固め (keh-sah gah-tah-meh):** A diagonal hold across the chest using an underhook and head control. Provides strong positional control and stability.
5. **Trunk Pin (Guard) – Do Osae / 胴押さえ (doh oh-sah-eh):** A control position where the legs and arms wrap around the opponent's trunk. Often used to control posture or limit movement from below.

Joint Locks – 関節技 (Kansetsu Waza / kahn-seh-tsoo wah-zah)

Joint locks manipulate an opponent's limbs to restrict movement or cause submission. They must be applied with care and precision, especially during training. Kansetsu waza develop fine motor control, awareness of anatomy, and the ethical use of restraint.

1. **Outer Wrist Lock – Omote Gyaku / 表逆 (oh-moh-teh gyah-koo):** A twisting lock applied to the wrist by rotating it outward. Controls posture and creates pain compliance.
2. **Basic Wrist Lock – Hon Gyaku / 本逆 (hohn gyah-koo):** A straightforward wrist manipulation that bends the wrist back toward the forearm. Useful for takedowns or restraint.
3. **Inner Wrist Lock – Ura Gyaku / 裏逆 (oo-rah gyah-koo):** A twisting lock applied inward, forcing the wrist into an unnatural angle. Effective for off-balancing and control.
4. **Warrior Capture – Single Arm Lock – Muso Dori / 無双捕り (moo-soh doh-ree):** A joint lock that traps one arm, often at the elbow or shoulder. Used to immobilize or transition into throws.
5. **Warrior Capture – Elbow Lever – Musha Dori / 武者捕り (moo-shah doh-ree):** A lock focusing on the elbow joint, applying leverage to force compliance or submission.
6. **Great Lock – Shoulder Control – Ogyaku / 大逆 (oh-gyah-koo):** A powerful joint lock targeting the shoulder and upper arm. Used for restraint or takedown.
7. **Cross Arm Lock – Juji Gatame / 十字固め (joo-jee gah-tah-meh):** A classic armbar where the opponent's arm is extended across the body and locked using the hips. Common in both self-defense and grappling.

Forms / Patterns – 型 (Kata / kah-tah)

Kata are pre-arranged sequences of movements that preserve the techniques, principles, and spirit of martial arts. Each kata is a lesson in timing, balance, and mental focus. Through repetition, students internalize rhythm, strategy, and structure. Kata is both art and combat study.

1. **Straight Line Form – Ichimonji no Kata / 一文字の型 (ee-chee-mohn-jee noh kah-tah):** Begins in Ichimonji no Kamae. The practitioner slides back with a rising block (Jodan Uke), then steps forward with an outer knifehand strike (Omote Shuto). This form teaches direct movement, timing, and sharp transitions.
2. **Cross Form – Jumonji no Kata / 十字の型 (joo-mohn-jee noh kah-tah):** Starts from Jumonji no Kamae. Step forward with a rising block (Age Uke), followed by a thumb strike and backfist (Ura Ken) with the same hand. This kata develops multi-directional awareness and efficient combination striking.
3. **Crane Form Hicho no Kata / 飛鳥の型 (hee-choh noh kah-tah):** Begins in Chudan no Kamae and transitions into Hicho no Kamae with a low block (Gedan Barai). A front kick (Mae Geri) follows, ending with a reverse knifehand strike (Ura Shuto). This form emphasizes balance, fluid motion, and precision under dynamic conditions.

Staff Techniques – 棒術 (Bojutsu / boh-joo-tsoo)

Staff training develops coordination, control, and timing through a traditional long weapon.

Movements include strikes, blocks, spins, and transitions. Bojutsu teaches extension of the body through a tool, helping students understand distance, leverage, and flow.

1. **Standard Grip – 本手 (Hon Te) / hohn-teh:** A natural grip with both palms facing down. Common for most strikes and transitions.
2. **Reverse Grip – 逆手 (Gyaku Te) / gyah-koo-teh:** A grip where one hand is reversed (palm up). Useful for specific spins, close-range control, or deceptive techniques.
3. **Upper Guard – 上段の構え (Jodan no Kamae) / joh-dahn noh kah-mah-eh:** A high ready position with the staff held overhead. Prepares for downward strikes and strong blocking.
4. **Middle Guard – 中段の構え (Chudan no Kamae) / choo-dahn noh kah-mah-eh:** A centered guard with the staff aimed forward at torso level. Balanced for offense or defense.
5. **Lower Guard – 下段の構え (Gedan no Kamae) / geh-dahn noh kah-mah-eh:** A low guard position ready to intercept leg strikes or deliver upward sweeps.
6. **Natural Stance – 自然の構え (Shizen no Kamae) / shee-zen noh kah-mah-eh:** A relaxed, alert posture with the staff lowered naturally. Used for observation and transition.
7. **Upper Block – 上段受け (Jodan Uke) / joh-dahn oo-keh:** A rising block to deflect overhead strikes. Creates a strong roof-like shield.
8. **Side Block – 横受け (Yoko Uke) / yoh-koh oo-keh:** A lateral block used to intercept strikes from the side. Quick and efficient.
9. **Lower Block – 下段受け (Gedan Uke) / geh-dahn oo-keh:** A downward sweeping block that defends against low or sweeping attacks.
10. **Top/Frontal Strike – 正面打ち (Shomen Uchi) / shoh-men oo-chee:** A direct overhead strike targeting the centerline. Fast and forceful.
11. **Middle Strike – 中段打ち (Chudan Uchi) / choo-dahn oo-chee:** A horizontal strike aimed at the midsection. Common in combination sequences.
12. **Lower Strike – 下段打ち (Gedan Uchi) / geh-dahn oo-chee:** A low, swinging strike targeting the knees or lower body.
13. **Thrust – 突き (Tsuki) / tsoo-kee:** A forward lunge with the staff's tip. Effective for long-range striking and controlling distance.
14. **Forward Spin – 前回転 (Mae Kaiten) / mah-eh kai-ten:** A spinning motion toward the front. Used to build momentum or disguise timing.
15. **Reverse Spin – 後ろ回転 (Ushiro Kaiten) / oo-shee-roh kai-ten:** A backward spin that sets up striking or evasion. Teaches body awareness and control.
16. **Horizontal Spin – 横回転 (Yoko Kaiten) / yoh-koh kai-ten:** A flat, horizontal spin for rapid movement or redirection across the centerline.
17. **Overhead Spin – 頭上回転 (Zujo Kaiten) / zoo-joh kai-ten:** A spin performed above the head. Builds dexterity and prepares for aerial strikes.
18. **Figure-Eight Spin – 八の字回転 (Hachinoji Kaiten) / hah-chee-noh-jee kai-ten:** A flowing, continuous spin forming an "8" pattern. Emphasizes rhythm, control, and fluid transition between movements.

Lion Warriors Beginner Program Lessons

Lesson	Objective	Skills	Seishin
Lesson 1	Beginning with Respect	Musubi Dachi, Heiko Dachi, Hachiji Dachi	Respect
Lesson 2	Strong Foundation	Kiba Dachi, Junbi no Kamae	Respect
Lesson 3	Moving with Purpose	Ayumi Ashi, Tsugi Ashi	Discipline
Lesson 4	Stability	Zenkutsu Dachi	Discipline
Lesson 5	Lightness of Movement	Okuri Ashi	Focus
Lesson 6	Falling Safely	Mae Ukemi	Focus
Lesson 7	Protection First	Age Uke (Rising Block)	Balance
Lesson 8	Outside Defense	Soto Uke (Outside Block)	Balance
Lesson 9	Striking Straight	Choku Zuki (Straight Punch)	Movement
Lesson 10	Combination Basics	Nihon Zuki, Sanbon Zuki	Movement
Lesson 11	Leading with Courage	Oi Zuki (Lunge Punch)	Defense
Lesson 12	Kicking Offense	Mae Geri Keage (Front Snap Kick)	Defense
Lesson 13	Deep Strikes	Mae Geri Kekomi (Front Thrust Kick)	Confidence
Lesson 14	Spinning Basics	Mawashi Geri (Roundhouse Kick)	Confidence
Lesson 15	Takedown Basics	Gansekai Nage (Rock Throw)	Perseverance
Lesson 16	Reverse Techniques	Gyaku Gansekai Nage (Reverse Rock Throw)	Perseverance
Lesson 17	Control on Top	Tate Shiho Gatame (Top Mount)	Courage
Lesson 18	Secure Side Control	Kami Shiho Gatame (North-South Hold)	Courage
Lesson 19	Side Pins	Yoko Shiho Gatame (Side Pin)	Strategy
Lesson 20	Transition Control	Pinning Transitions	Strategy
Lesson 21	Wrist Defense 1	Omote Gyaku (Outer Wrist Lock)	Strength
Lesson 22	Wrist Defense 2	Hon Gyaku (Basic Wrist Lock)	Strength
Lesson 23	Inner Wrist Control	Ura Gyaku (Inner Wrist Lock)	Spirit
Lesson 24	Wrist Flow Drills	Lock Flow Basics	Spirit
Lesson 25	Form Practice 1	Ichimonji no Kata (Straight Line Form) - First Half	Growth
Lesson 26	Form Practice 2	Ichimonji no Kata - Full Form	Growth
Lesson 27	Staff Basics 1	Hon Te (Standard Grip), Basic Blocks	Leadership
Lesson 28	Staff Basics 2	Gyaku Te (Reverse Grip), Flow Drills	Leadership
Lesson 29	Flag Sparring Basics	Flag Movement, Capture Games	Honor
Lesson 30	One Step Sparring Basics	Simple One-Step Drills	Honor
Lesson 31	Flag Sparring + Combos	Advanced Flag Techniques	Excellence
Lesson 32	Final Review & Celebration	Review All Skills, Test Prep	Excellence

Lion Warriors Intermediate Program Lessons

Lesson	Objective	Skills	Seishin
Lesson 1	Centered and Ready	Cross Posture (Jumonji no Kamae), Crane Posture (Hicho no Kamae)	Awareness
Lesson 2	Smooth Movement	Forward Diagonal Roll (Zenpo Naname Kaiten), Rear Roll (Koho Kaiten)	Awareness
Lesson 3	Turn and Enter	Tenkan (Pivot) and Irimi (Entering) Footwork	Focus
Lesson 4	Blocking Low	Soto Uke (Outside Block), Gedan Barai (Downward Sweeping Block)	Focus
Lesson 5	Fast Hands	Kizami Zuki (Jab), Gyaku Zuki (Reverse Punch)	Timing
Lesson 6	Sharp Defense	Ura Ken Uchi (Backfist Strike)	Timing
Lesson 7	Side Attack	Yoko Geri Keage (Side Snap Kick)	Control
Lesson 8	Drive Through	Yoko Geri Kekomi (Side Thrust Kick)	Control
Lesson 9	Rear Attack	Ushiro Geri (Back Kick)	Precision
Lesson 10	Big Throw	Ogoshi (Major Hip Throw)	Precision
Lesson 11	Sweep and Throw	Osoto Gari	Courage
Lesson 12	Pinning Power	Kami Shiho Gatame (North/South Hold)	Courage
Lesson 13	Guard Game	Do Osae (Trunk Pin - Guard Control)	Adaptability
Lesson 14	Locking Basics	Muso Dori (Single Arm Lock)	Adaptability
Lesson 15	Elbow Leverage	Musha Dori (Elbow Lever Lock)	Endurance
Lesson 16	Strong Shoulder	Ogyaku (Great Lock - Shoulder Control)	Endurance
Lesson 17	Cross Arm Lock	Juji Gatame (Cross Arm Lock)	Strategy
Lesson 18	Form Focus 1	Jumonji no Kata (Cross Form - Part 1)	Strategy
Lesson 19	Form Focus 2	Jumonji no Kata (Complete)	Leadership
Lesson 20	Crane Form Start	Hicho no Kata (Crane Form - Part 1)	Leadership
Lesson 21	Crane Form Finish	Hicho no Kata (Complete)	Spirit
Lesson 22	Staff Guards	Jodan no Kamae (Upper Guard), Chudan no Kamae (Middle Guard), Gedan no Kamae (Lower Guard)	Spirit
Lesson 23	Basic Staff Strikes	Shomen Uchi (Top Strike), Chudan Uchi (Middle Strike), Gedan Uchi (Low Strike)	Strength
Lesson 24	Staff Thrust	Tsuki (Staff Thrust)	Strength
Lesson 25	Forward Spin Mastery	Mae Kaiten (Forward Spin)	Humility
Lesson 26	Reverse Spin Mastery	Ushiro Kaiten (Reverse Spin)	Humility
Lesson 27	Horizontal Spin Mastery	Yoko Kaiten (Horizontal Spin)	Excellence
Lesson 28	Overhead and Figure-Eight Spins	Zujou Kaiten, Hachinoji Kaiten	Excellence
Lesson 29	Flag Sparring Tactics	Advanced Flag Movement Drills	Honor
Lesson 30	One Step Sparring Tactics	Intermediate One-Step Applications	Honor
Lesson 31	Full Review	Review All Intermediate Techniques	Mastery
Lesson 32	Graduation Prep	Mock Testing, Final Review, Celebrations	Mastery

卷之四
SEISHIN NO SHO
(Scroll of Spirit)
Building the Heart of the Lion



What Is Seishin?

In Shishishin-ryu Shinobi no Jutsu, technique without spirit is hollow. The Seishin Badges exist to honor not only what a student can do—but who they are becoming on the path.

“Seishin” (精神) means spirit, intention, and heart. These badges are awarded for embodying the weekly themes that guide each phase of training. They are not given for talent or speed—but for attitude, effort, and character.

Minimum Requirement for Advancement

To be eligible for belt testing, students must earn both Seishin Badges during the cycle. This ensures that technical progress is matched by growth in character—because in our art, how you move is only part of the story.



Earning Seishin Badges

Each 16-week cycle, students have the opportunity to earn two Seishin Badges. These are awarded based on the consistent demonstration of key character traits, observed by instructors both on and off the mat.

To earn a badge, a student must:

- Actively embody the Seishin themes during class.
- Support their training partners with kindness and courage.
- Accept correction with humility and perseverance.
- Display growth not only in skill, but in spirit.

Seishin Badges are not guaranteed. They are earned through personal conduct and meaningful effort, not attendance alone.

The Power of the Badge

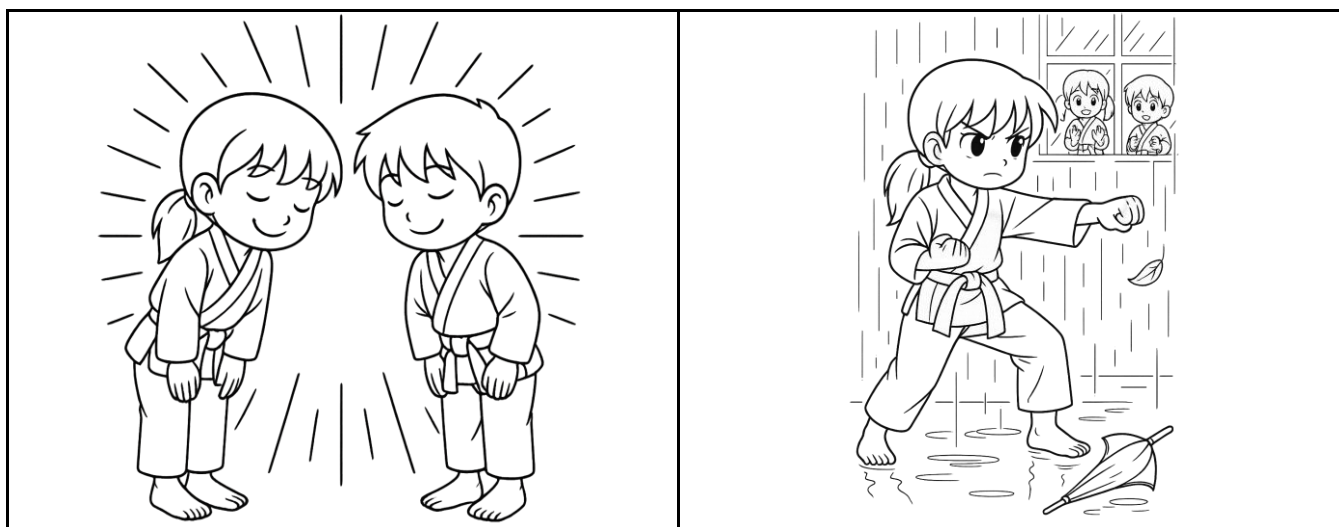
Each badge represents one step forward on the path of the warrior. It is a sign that the student is learning to live the art—not just perform it.

Examples of Seishin themes include:

- Respect – treating others with dignity and self-control.
- Discipline – doing what is right, even when it's hard.
- Courage – facing fear with action.
- Humility – recognizing your strength without arrogance.
- Mastery – holding yourself to the highest standard.

Badge Presentation

Seishin Badges are presented at key moments—often mid-cycle and at graduation. The awarding of a badge is a moment of honor, reflecting a student's inner growth. Instructors may accompany the badge with a brief word explaining why it was earned.

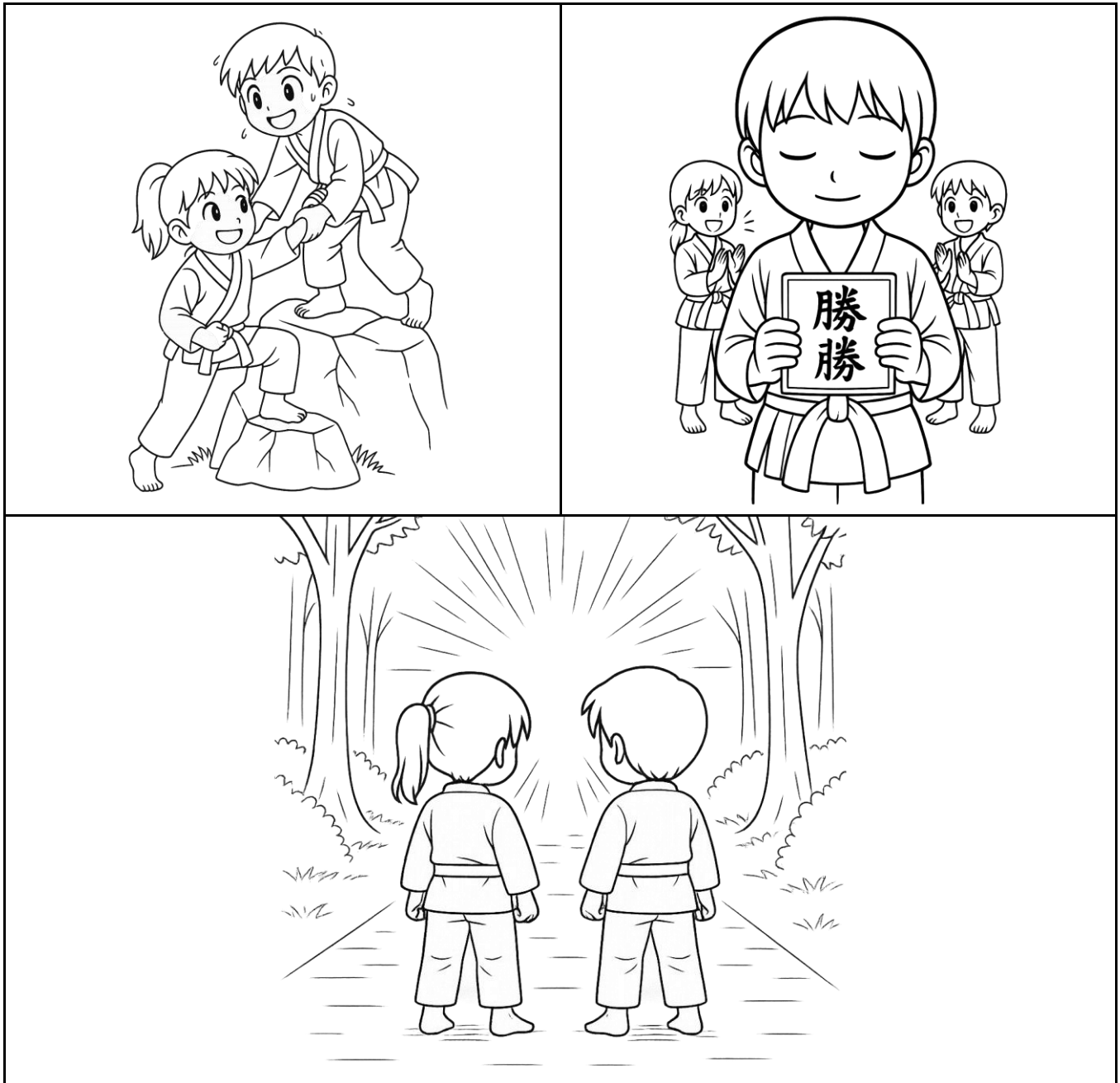


卷之五

SHOSHO NO SHO

(Scroll of Victory)

The Way of Success



Testing and Belt Tracker

BELT	RANK	TEST DATE / SCORE	NOTES
	9TH KYU WHITE BELT	START DATE: _____ OBI TYING TEST DATE: _____	
	9TH KYU WHITE / YELLOW BELT	TEST DATE: _____ TEST SCORE: _____	
	8TH KYU YELLOW BELT	TEST DATE: _____ TEST SCORE: _____	
	8TH KYU YELLOW / ORANGE BELT	TEST DATE: _____ TEST SCORE: _____	
	7TH KYU ORANGE BELT	TEST DATE: _____ TEST SCORE: _____	
	7TH KYU ORANGE / GREEN BELT	TEST DATE: _____ TEST SCORE: _____	

Seishin Badge Chart

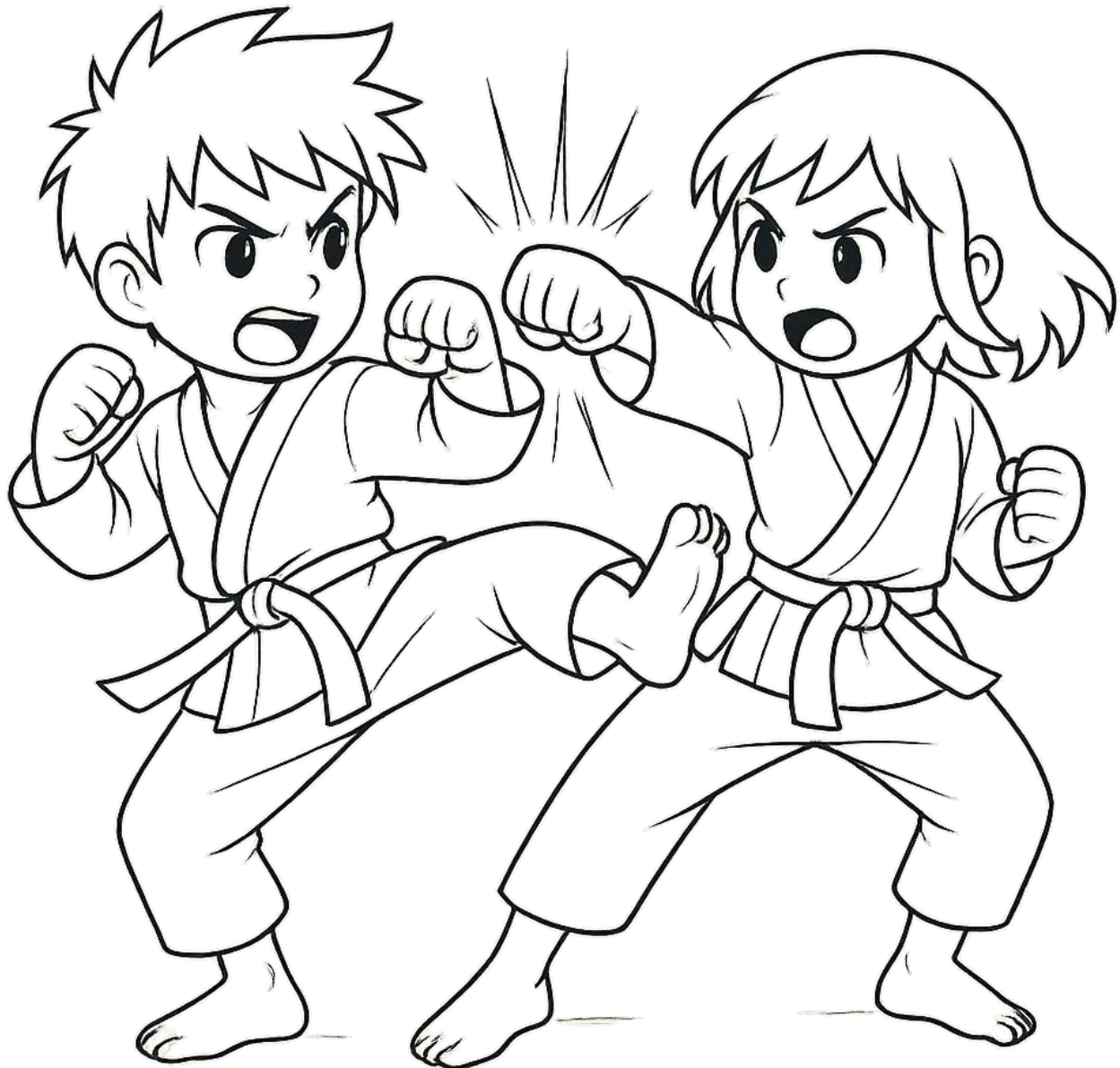
<i>(Seishin Sticker Zone)</i>	Respect <i>The Foundation of the Way</i>	Courtesy, Humility	• Bowing without reminders • Treating others kindly • Respecting the dojo space • Appreciating instructors and peers
<i>(Seishin Sticker Zone)</i>	Discipline <i>Doing What Is Right, Especially When It's Hard</i>	Responsibility, Self-Control	• Following directions immediately • Training consistently • Being prepared • Doing the right thing on their own
<i>(Seishin Sticker Zone)</i>	Focus <i>Mind Over Movement</i>	Concentration, Presence	• Maintaining attention during class • Avoiding distractions • Staying mentally engaged • Moving with intention
<i>(Seishin Sticker Zone)</i>	Confidence <i>Belief Without Boasting</i>	Courage, Self-Belief	• Volunteering to lead • Standing tall when nervous • Trusting technique • Persevering through doubt

<i>(Seishin Sticker Zone)</i>	Perseverance <i>Stay Strong, Even When It's Tough</i>	Grit, Determination	• Not giving up • Returning after setbacks • Emotional strength in hard drills • Finishing what they start
<i>(Seishin Sticker Zone)</i>	Courage <i>Act Despite Fear</i>	Boldness, Inner Strength	• Facing bigger or more advanced partners • Trying unfamiliar techniques • Asking for help • Staying strong in adversity
<i>(Seishin Sticker Zone)</i>	Strategy <i>Think Before You Move</i>	Wisdom, Planning	• Applying tactics during sparring • Adjusting to feedback • Choosing smart responses • Thinking ahead in drills
<i>(Seishin Sticker Zone)</i>	Adaptability <i>Flow Like Water</i>	Flexibility, Awareness	• Adjusting to changing drills • Learning new skills openly • Staying calm with new partners • Remaining effective under pressure

<i>(Seishin Sticker Zone)</i>	Leadership <i>Set the Example, Lift Others Up</i>	Initiative, Guidance	• Helping newer students • Encouraging peers • Demonstrating with humility • Modeling good dojo spirit
<i>(Seishin Sticker Zone)</i>	Honor <i>Integrity in Action</i>	Truth, Loyalty	• Speaking honestly • Taking responsibility • Following rules even when unsupervised • Remaining loyal and respectful
<i>(Seishin Sticker Zone)</i>	Excellence <i>Make Greatness Your Habit</i>	Mastery, Pride in Work	• Performing with consistency • Clean, powerful technique • Raising standards • Treating every rep with care
<i>(Seishin Sticker Zone)</i>	Humility <i>Always a Student</i>	Modesty, Open-Mindedness	• Accepting feedback gratefully • Never showing off • Letting actions speak • Seeking improvement regardless of rank

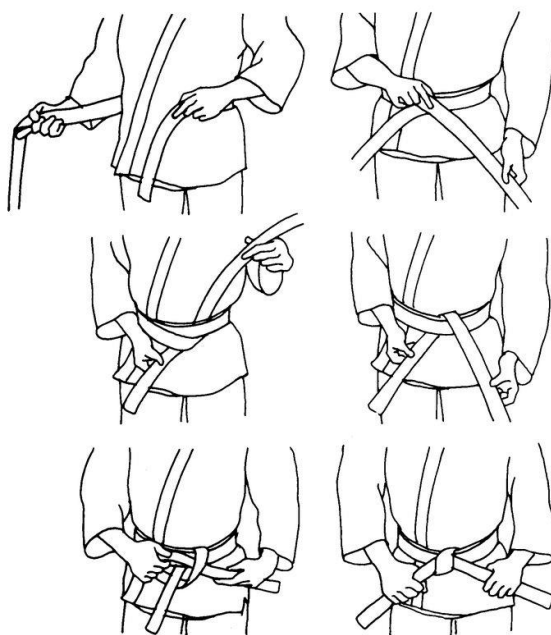
APPENDIX

Student Essentials



How to Tie Your Karate Belt (Obi)

Tying your belt is part of your training. It teaches focus, discipline, and respect for the uniform you wear. Always take your time, and make sure it's tied neatly before every class.



Step-by-Step Instructions

1. **Find the Center:** Hold your belt at both ends and fold it in half to find the center.
2. **Place the Center on Your Belly:** Put the center of the belt just below your navel (belly button). Hold it there with one hand.
3. **Wrap Around to the Back:** Wrap both ends around your waist at the same time, crossing them behind your back and bringing them back to the front. The belt should lay flat without twisting.
4. **Overlap the Ends in Front:** Take the **right side** of the belt (your right, not the viewer's) and cross it over the **left side**. Tuck it **under both layers** of belt and pull it up from underneath.
5. **Make the Knot:** Pull both ends horizontally. Take the **left belt end**, cross it over the right, and pull it through to form a square knot.
6. **Tighten and Adjust:** Pull both ends to tighten the knot. The belt ends should be **even length** and hang down at your sides.

Belt-Tying Rules

- Always tie your belt **before stepping on the mat**.
- Your belt should be **clean, flat, and neat**—never wrinkled or dragging.
- Never let your belt touch the floor out of carelessness.
- Do not wear your belt **outside the dojo** unless asked to for a demonstration or special event.
- When you tie your belt, do it with **focus and pride**—it shows respect for your training.

How to Wear Your Karate Uniform (Gi)

Wearing your uniform correctly shows **respect** for yourself, your dojo, your instructors, and your training. Put it on neatly and take care of it like a true Lion Warrior.

Step-by-Step Instructions

1. **Start with a Clean Gi**
 - a. Your uniform should be **clean and wrinkle-free** every time you wear it. Take pride in your appearance.
2. **Wear a T-Shirt or Rash Guard Underneath**
 - a. All students must wear a **plain white T-shirt or rash guard** under their gi jacket. This is for **modesty, hygiene, and professionalism**.
3. **Put on the Pants (Zubon)**
 - a. Step into your pants and pull them up around your waist.
 - b. Tie the **drawstring firmly**, but not too tight. Make sure the pants sit **comfortably at your waist**, not your hips.
4. **Put on the Jacket (Uwagi)**
 - a. Slip your arms into the sleeves of the jacket.
 - b. **Left side always goes over the right.**
(This is very important in Japanese culture — the opposite is used only for funerals.)
5. **Tie the Inside Strings** (Skip if you are wearing a judo or jujutsu style kimono)
 - a. You'll find two small strings inside the jacket. Tie the **right-side inner string** to the **left-side loop** to keep it in place.
6. **Tie the Outside Strings**
 - a. Then, tie the **left outer string** to the **right loop** on the outside to secure the jacket.
7. **Tie Your Belt (Obi)**

Now that your gi is on, follow the steps to tie your belt neatly and evenly (see the previous page).

Uniform Rules

- Keep your gi **clean and folded** when not in use.
- Always check that **left over right** is correct before class.
- Wear a **plain white T-shirt or rash guard** under your gi jacket.
- Do **not** wear printed shirts, tank tops, or nothing at all under the gi.
- Never wear your gi as pajamas or outside for play.
- Respect your uniform as part of your training.

Dojo Commands

Shōmen-ni-Rei (正面に礼) — *Bow to the front (to show respect for the dojo)*

Sensei-ni-Rei (先生に礼) — *Bow to the instructor*

Otagai-ni-Rei (お互いに礼) — *Bow to each other (showing mutual respect)*

Mokusō (黙想) — *Close your eyes and meditate*

Kiotsuke (気をつけ) — *Attention! Stand tall and still*

Yoi (用意) — *Get ready — mentally and physically*

Kamae (構え) — *Take your fighting stance. Prepare!*

Hajime (始め) — *Begin!*

Yame (止め) — *Stop and return to ready position*

Matte (待って) — *Wait*

Mawatte (回って) — *Turn around (used to change direction)*

Counting in Japanese (1-10)

Number	Japanese	Pronunciation
1	一 <i>ichi</i>	(ee-chee)
2	二 <i>ni</i>	(nee)
3	三 <i>san</i>	(sahn)
4	四 <i>shi / yon</i>	(shee / yohn)
5	五 <i>go</i>	(goh)
6	六 <i>roku</i>	(roh-koo)
7	七 <i>shichi</i>	(shee-chee)
8	八 <i>hachi</i>	(hah-chee)
9	九 <i>ku</i>	(koo)
10	十 <i>ju</i>	(joo)

The Way of the Warrior (Budo)

By Hanshi Michael Crump, 8th Degree Black Belt

What Does It Mean to Be a Warrior?

Being a warrior doesn't mean fighting all the time. A true warrior is someone who learns to be strong **on the inside**. A warrior trains their **body, mind, and heart** to do what's right—even when it's hard.

Sometimes life feels confusing or unfair. We get sad, hurt, or scared. That's normal! But warriors don't give up. They learn to keep going. They learn how to find peace, even when things aren't perfect.

Why Do People Suffer?

Everyone gets sick sometimes. Everyone grows older. And someday, everyone passes away. These things are part of life.

Some people try to hide from pain by doing things like eating too much, being mean, or trying to get lots of money or attention. But those things don't really help.

A warrior learns to be brave, even when life is tough. We don't run away from problems—we grow through them. That's part of what makes a Lion Warrior special.

A Story About a Young Man

One cold, snowy day, a young man was sitting alone. He didn't know where he was or how he got there. He was cold, hungry, and sad.

Then, an older man came and told him about a warm house at the end of the road. Inside, there would be a big fire, kind people, and lots of food. The old man said, "If you want to go, I'll wait here in case you come back."

The young man walked and walked, even though it was hard. He got tired and angry. But he kept going. Finally, the snow stopped, and he saw the house!

His name was written on the door. He went inside and found everything the old man said: warmth, food, friends, and joy. But the next day, even after having everything, he still felt a little empty inside.

So, he went back to the old man and asked, "Why do I still feel unhappy?"



The old man smiled and said, “You remembered who you are. You know where your home is. But if you think life should never be hard... that’s the real problem. Let go of that idea, and you’ll be free.”

What Warriors Believe

Life will never be perfect. But warriors don’t expect it to be. We learn to live with **grace, strength, and kindness**—no matter what happens.

Warriors follow special virtues (good qualities). These are like a code we live by:

The 9 Virtues of a Lion Warrior

- **Righteousness** – Do what’s right.
- **Courage** – Be brave.
- **Compassion** – Be kind.
- **Respect** – Show honor to others.
- **Integrity** – Be honest and true.
- **Honor** – Keep your word.
- **Loyalty** – Stand by your team and family.
- **Wisdom** – Learn from every moment.
- **Self-Control** – Stay calm and in charge of your actions.

A Simple Lesson



One sunny day, a monk and a warrior walked beside a river.

The monk said, “I have meditated for 20 years. I can walk on water now.”

The warrior looked surprised.

“That’s really amazing!” he said. “But instead of training for 20 years, why don’t we just walk to the ferry and cross for a penny?”

They both looked at the river.

One believed in deep meditation and spiritual power.
The other believed in simple, smart solutions.

Neither one was wrong.

Sometimes, people take the spiritual path.

Sometimes, people take the practical path.

Each person must choose what’s right for them.

What It All Means

Being a warrior means being a protector, a helper, and a student. We fight only when we must, and we always choose the path of **honor** and **respect**.

We help those in need. We tell the truth. We stay loyal to our family, friends, and dojo. We control ourselves, even when it's hard. And above all, we honor **The Most High**—the Creator who gave us this path.

This is the way of the warrior. This is the **Essence of Budo**.

