



## To-Shin Do® Technology

We encourage our students to earn whatever their definition of success by emphasizing through To-Shin Do self-development self-defense training the importance of:

- Self-confidence as key to recognizing your potential for happiness and success
- Discipline as key to accomplishment
- Respect for self and others as key for attracting allies and utilizing power

Our program promotes 5 life-fulfilling aspects that every human desires to experience:

1. Abundance – Authority to seek our own definition of success – living a full, rich, and important life
2. Authenticity – Knowledge of the true nature of reality and self – realizing personal peace through intelligence
3. Association – Connection to friends, family, and allies – expressing who we really are and sharing respect and admiration with others
4. Accomplishment – to sense we are needed – serving a worthy and noble cause
5. Actualization – Personal fulfillment – having the time and space to live up to our expectations and dreams

## Three Important Roots from Japan's Ancient Cultural Heritage

### ***TO* – the sword**

From the *nin-po* combat methods of the legendary ninja phantom warriors born of Mt. Togakure and cultivated in the wooded mountains and marshes of shadowy Iga, comes the core of our physical protection techniques and strategies. To-Shin Do martial arts practice is a great way to reduce stress and increase strength, endurance, and flexibility, while fostering a sense of peace, security, and control in life.

### ***SHIN* – the focused spirit of intention**

From the *kuji* intention-channeling training of the *shugenja* mountain spirit seekers of Mt. Yoshino, comes the essence of our program for the discovery and development of the nine key qualities that characterize a fully actualized human being. We can achieve a more focused and disciplined understanding of the cause and effect dynamics that lead to success and fulfillment in life.

### ***DO* – the path to mastery**

From the originally Himalayan esoteric *mikkyo* yoga mind and spirit sciences of Mt. Hiei, comes the technique of cultivating our unlimited physical, mental, emotional, and spiritual potentials. We can learn skillful ways to transform the inner and outer challenges of life into success, and ultimately come to grips with the question of how to experience directly the significance of life itself.



## ***NIN* – Important Symbolism Behind the To-Shin Do ® Name**

The Japanese written character for *nin* of Japan's ninja stealth warriors and their martial art of ninjutsu can also be pronounced shinobi. It is translated as "stealth, endurance, perseverance, or putting-up-with". *Nin* communicates the kind of strength required to keep our eyes on the grander goal. We know what we need, and we are willing to do whatever it takes to get it. We are not diverted, even when tempted to take on the petty affronts and insults tossed in our path from those who fear or envy us.

- The top part of the Japanese letter character for *nin* is pronounced "toh" which means "sword" or actually "blade edge" – *To* represents the martial arts technology we study to perfect
- The bottom part is pronounced "sheen", and means "heart" – *Shin* represents the resolute spirit we need to win when negative forces attempt to drive us to defeat

Together as one single character for *nin*, the To-Shin ideal reminds us of the miraculous power of knowledge and intention combined to result in spirited intelligence in action.



## To-Shin Do® Belt License Grading

As with many Asian martial arts traditions, a series of colored belts indicates your progress in To-Shin Do training. The yellow (earth), blue (water), red (fire), green (wind), and brown (source) belt colors reflect the 5 elements of our martial technology.

- You begin with 3 initiate belts starting with White Belt, awarded as you move through the Earth Level Foundations of Self-Protection course
- Once you enter the Water Level Advanced Self-Protection training course as a Blue & White-stripe Belt, there are 12 *kyu* “class” grades leading to Black Belt. It usually takes a student at one of our dojos attending at least two classes per week 3 to 4 months to earn each colored belt, so it usually takes four years or more to earn 1st Degree Black Belt.
- Once you enter Black Belt Master level training, there are then 10 dan “degree” levels of study

### To-Shin Do® Belt Ranks Include:

- White Belt – your first belt in Level 1 Foundations of Self-Protection
- Two Yellow Belt “Earth ground-holding element” stages in Level 1 Foundations of Self-Protection
  - “Grounded” proper use of body weight and gravity as you protect and counter
  - Assert your right to defend; do not stop or passively cover up once attack begins
  - Understand the concept of *kamae* – psychologically attuned body posture
  - Mind, voice, and body positioning to establish boundaries – good *kamae*
  - Yellow Belt successful test demonstration is effectively repositioning with 4 ground-holding postures and counters against an advancing aggressor (“We need to see you stay grounded.”)
  - Effectively resist ever-repositioning push pressure from an aggressor
  - Deliver power from your base and core. Rotate hips and shoulders from the foundation to strike through your targets; do not just pop the surface of your target
  - Study bone alignment for effective protection and power
- Three Blue Belt “Water tactical-positioning element” stages in Level 2 Advanced Self-Protection (like grades 1-3 of Primary Elementary School)
  - Understand appropriate weapon and target – soft weapon to hard target, hard weapon to soft target; hammer, claw, or palm to head, hand edge to neck, punch to body, knee to hips and thighs, kick to shins/knees/ankles.
  - Do not strike when off-balance
  - Clearly demonstrate understanding of the 5 D’s model – Discern, Defend, Disrupt, Deliver, Discern
  - Learn to use strategic placement to access weak points your adversary leaves open
  - Bladed body position; do not square up in front of an adversary
  - Understand strategic angling and footwork – do not be forced into defensive covering position
  - Move from *hara* center of energy in your lower torso core, not your upper body
  - Keep your legs flexed, back upright, shoulders over hips, hands up, so that strategic footwork moves you off-line and out of reach
  - Keep your back straight with freedom of movement in your leading leg – good *kamae*
  - Learn to let gravity move you
  - Counter-attack using footwork, bent knees and core rotation to deliver effective strikes and takedowns



- Three Red Belt “Fire intention-intercepting element” stages in Level 2 Advanced Self-Protection (like grades 4-6 of Secondary Elementary School)
  - Effective rolling skills: Lower your body as close to the ground as possible before a rolling *ukemi* break-fall and keep your limbs tucked in close like a ball
  - Stay connected, use pre-emptive timing to take space
  - Move with effective forward angling
  - Use gravity for natural speed
  - Understand relational speed as opposed to conventional speed
  - Align your bones to drive your strikes into their targets with effective piercing, redirecting, or stopping power
  - Move in and sit into your punch or hit, and keep your feet under you. Reaffirm critical basics of body weight and gravity
- Three Green Belt “Wind effortless-capture element” stages in Level 3 Path of the Protector Martial Arts (like grades 7-9 of Middle School)
  - Move adversaries center off-balance to where he must work to regain his position
  - Understand the difference between throwing to take balance and taking balance to throw
  - Stay connected, follow adversaries when they pull away from a clinch – fill space
  - Give up position to confuse your adversary with evasive movement
  - Find and use space, and keep him from finding and using space
  - Don’t slug with a slugger – slip, evade, submerge, invade; find the space
  - Capture momentum – pull a pusher, push a puller, ride a punch, slip a kick
  - Get lower if you have to grapple a taller adversary
  - Use body positioning, body weight and gravity to break balance
- Three Brown Belt “Formless creative-integration element” stages in Level 3 Path of the Protector Martial Arts (like grades 10-12 of High School)
  - Use *taisabaki* (footwork and body positioning) to weaken your attacker. Don’t freeze or lock up in a clinch; sense where he is going and move with him to negate strength and advantage
  - Create the right answer at the right time
  - Do not rush blindly through your finishing moves
  - Be ready for his counter movement; no one will stand still while you defend
  - Fight with mindfulness; hands and feet strategically follow your intentions
  - Counter immediately after defense; break up predictable rhythm
  - Move fluidly and seamlessly
- Two Black Belt “Practitioner” stages (degrees 1 & 2; like High School Grad, & Associate Degree)
- Two Black-&-Bronze Belt *To-shi* “Senior practitioner” stages (degrees 3 & 4; like Martial Arts B.A. & M.A)
- Two Black-&-Silver Belt *To-shi Shi-han* “Master practitioner” stages (degrees 5 & 6; like Martial Arts Ph.D.)
- Two Black-&-Gold Belt *To-shi Han-shi* “Senior master” stages (degrees 7 & 8; like Martial Arts Professor)
- Two Bronze-Maroon Belt *To-shi Mei-jin* “Grandmaster” stages (degrees 9 & 10; like Martial Arts Dean”)
- Silver Belt “An-shu’s Hombu Councilor” stage (“Martial Arts Board of Regents”)
- Gold Belt An-shu “Headmaster” stage (“Martial Arts Chancellor”)



## How To Test and Advance Through The To-Shin Do System

As a To-Shin Do online practitioner, concentrate on learning the techniques taught as solutions to the most common assault threats, training your body in the mechanics of how to make success happen, and training your mind to expect success.

- Learn the “how to do it” specifics of the new techniques
- Condition your body for the strength, flexibility, and reflexes to perform the techniques
- Internalize the principles behind the tactics of the techniques you are learning

**How often do I test for belts?** Our objective is for you to progress successfully from one belt to the next every three to six months; however, this is not always possible or the best thing for you. You may need to take an additional month if necessary to be sure that you have successfully gained the skills expected at your belt level.

**What does it take to pass the test for my next belt?** Be able to demonstrate that you know the material, understand it, and can perform it effectively to produce results. Bear in mind that you are learning and growing on many levels. It is not a good idea to judge or compare yourself to others, or wonder whether you are skilled enough to “win a fight against all attackers.” Personal mastery takes time to develop.

**What would lead to me not passing the test?** If you have not gotten all your questions answered yet, you may find some gaps in your abilities. Though you may know what the material is, if you do not understand it or cannot perform it effectively, it would be a good idea to work at your current level until more confidence and skill are developed. Again, it takes time to develop mastery.

**What does the Evaluation Board look for as test-passing quality in a test?** Obviously, you need to know what the techniques are and how to do them properly. Beyond knowledge, with every move you make, be sure that you demonstrate that you understand and consistently apply the following 12 qualities:

1. Sho-shin HEART – Grasp the importance of the Warrior Ethic (“How to be successful”) and the 14-point Mindful Action Code (“Our fighting skills make the world safer, not more dangerous!”)
2. Chi-shiki KNOWLEDGE – Know technique & kata details – You understand the purpose and principles so well that even if you leave standard form, you control the situation and take it where you want it to go
3. Sei-kaku PRECISION – Correct, confident, strong, and effective techniques – power and precision
4. Nagare COORDINATION – Flowing momentum moves your body as a unit to knockdown or takedown
5. Shu-chu FOCUS – Use eyes and mind and sensitivity to connect to the big picture to judge the problem and make the right decision under pressure
6. Kamae BASE – Good flexed-knee foundation for balance and mobility, with shoulders over hips
7. Kuzushi BALANCE CONTROL – Hips, shoulders, and legs aligned to throw off adversary’s balance without giving up your own; he in effect “allows you to defeat him”
8. Ukemi BREAK-FALL SKILLS – Roll with the punches with skillful break-falls for a safe training experience



9. Ma-ai GAP – Use appropriate intervals of timing and distancing and positioning to keep your attacker off-balance and off-line mentally and physically and in perfect position for you to strike
10. Ki-ai SPIRIT – Strong command shout – “Stop it! No! Hold it!” or “Hey!” – with every defensive action
11. Shu-toku MASTERY – Safe control yet highly spirited practice for highest possible safety and realism
12. Zan-shin FINISH – “Fighting Spirit” winning mental focus all through the technique and the completing concentration that follows the ending – no fooling, fumbling, or fading away – this is real!

Once you feel confident in your understanding of that rank level, and are ready to test – it is time to film your rank exam video. Taking a video test requires the same level of intensity, presence, effort, and precision as an in-person exam. **We uphold the same (if not higher) standards for our long distance training students as the students who train in the dojo.**

## How To Film and Upload Your Video

Setup your camera or phone to film you. Try to find a location with good lighting; indoors or outdoors can work. Verbally state your name, and what rank you are testing for. You can also add text to your video for an easier viewing.

Demonstrate all techniques in the rank requirements section two times on each side. Demonstrate to your left 45-degree corner, and then right side; rather than straight on to the camera. **NOTE: A partner is a requirement for all exams.**

Upload your video. We recommend uploading to YouTube making the video “unlisted.” Alternatively, you can upload to Vimeo and create a private video, and send us the password.

Once this is accomplished go to:

<http://new.ninjaselfdefense.com/member-benefits/to-shin-do-evaluation-options/>

Fill out the form then choose the evaluation option that meets your needs and pay the rank exam fee. This fee covers: your instructor’s time and energy in watching your rank exam video, doing a full grading, and email communication/support. We look forward to reviewing your exam.

Upon receiving your submission, please allow 3-4 weeks for grading. The system will send you a courtesy email letting you know that the test request information was received. A To-Shin Do representative will watch, review, and grade your exam.

Upon completing the grading, they will email you a copy of your test results. If you pass, you will have the ability to purchase your diploma. If you fail, you will receive a list of suggestions to make your next test more successful.

While Online Evaluations and Ranking are available up to Brown Belt with Black Stripe, we strongly recommend you attend events and/or training locations where you can get feedback in person. Black Belt ranking and above must be done in person with a To-Shin Do Licensed Affiliate Instructor or at a To-Shin Do Event.



## Welcome to To-Shin Do Foundations of Self-Protection

The SKH To-Shin Do Level 1 Foundations of Self-Protection course is designed to provide you with a grounding in effective physical, intellectual, and emotional self-protection. You will experience an exciting excursion into the potentials of empowering self-development.

You are starting a quest for knowledge and skill through the five universal elements of potential. Your journey begins with the Earth element. Confident grounded-ness, learning to make gravity a constant ally, and building awareness of bone alignment and body positioning are all key areas of discovery as you take your first steps. Your most important challenge is to build strong and reliable habits as the foundation for all future advancement. You will work with twelve *kata* “fight scenario” examples, simulating what it feels like to handle successfully different forms of confrontation from start to finish. Train regularly, with a motivated spirit and an open mind.

As you complete your level one training you will begin to explore making decisions under pressure, how to recognize specific attacks and make effective choices for successful defense. You will then graduate into Level 2 training and begin working with the elements of Water and Fire.

## Curriculum for White Belt

### Keys to Safe and Productive Training

As the defender (*tori*) always exercise good control. Do not push techniques and training past safe limits. Never intentionally, or through lack of awareness, damage a training partner. *Keep your ego in check.*

As the attacker (*uke*) always provide your partner with an honest and spirited attack, at an agreed-upon speed. Never intentionally thwart your partner’s training by moving in an unrealistic way, or by changing the problem being studied because you know the defense. *Keep your ego in check.*

### **Kamae Defense Postures - 4 progressive stages of preparation**

- **Natural**, hands at sides – CODE WHITE - secure and at ease; no danger likely at all
- **Alert awareness**, hands poised at hip level – CODE YELLOW - watching for possible danger
- **Warning-warding-off**, sideways with open hands forward – CODE ORANGE – warning danger likely
- **Bo-bi no kamae action-ready**, sideways with hands ready to strike – RED ALERT - *action required!*

### **“Ko-yoku” Earth grounded hand-edge *inside* hook punch, knock-back strike**

1. Attacker swings a high right punch, or shove, or grab around from your left side
2. Swing your left hand up and outward to stop the attacker’s punch from the inside
3. Hit with a right palm heel strike under his chin to knock him back, shouting the order, “*Stop it!*”
4. Shift towards original punching arm and grab his shoulders for knee strikes to abdomen
5. Push away with a left strike and escape with defense-ready positioning – “*Back off!*” - Eyes on attacker!

Practice a similar inside stopping technique against low hook or uppercut punch.

**White Belt** - Practice defense from stationary simulated aggressor, high or low

### **“Yoku-To” Earth grounded hand-edge parry *outside* straight punch, palm to temple**

1. Attacker pushes a high right punch, shove, or grab straight in towards your face or chest center
2. Swing your left hand up and inward to stop the his punch from the outside
3. Hit with a right palm heel strike to temple to knock him away, shouting the order, “*Stop it!*”
4. Grab his shoulder and upper arm for knee strikes to hip or side of thigh
5. Hit with left palm to back of his head and escape with defense-ready positioning - “*Back off!*” - Eyes on attacker.

Practice similar inside stopping technique against low hook or uppercut punch.



**“Te-hodoki 2” Rear arm grasp escape (his left to your right) “Roll back, stamp down, punch”**

1. Throw arms up and back in circle, or flip grabbed elbow or back-fist into attacker’s ribs/face
2. **White Belt** - Stamp down on his shin and foot with your heel or foot edge, shouting, “*Stop it!*”

**“Ketsu-myaku” Rear shoulder grab (or choke) escape**

1. Aggressor grabs both of your shoulders or your upper arms from behind
2. Shift and flex your knees to regain your balance and look over shoulder to see if it is friend or foe
3. **White Belt** - Stamp down on attacker’s shins or feet, shouting, “*Stop it!*” – against stationary target

**High, middle, and low level rear-hand cross-body**

**White Belt** - Stunning shove with open hand palm – against stationary target

**Fist hammer to collarbone, neck, or head** (stand-up target or heavy bag on floor)

**Rising shin to groin or thigh**

**White Belt** - Lift front of shin or top of foot up to groin or abdomen – against stationary target

**Heel stamp kick**

**White Belt** - Crushing kick down to his instep or ankle – against stationary target

**“Backward Roll” Backward rocking or rolling escape on ground**

**White Belt** - Rock over to back into kicking position from hands and knees crouch

**“Sideways Roll” Lateral rocking or rolling escape to the side on ground**

**White Belt** - Rock over to back into kicking position from hands and knees crouch

**“Forward Roll” Forward shoulder roll-over escape on ground**

**White Belt** - Rock forward over to back into kicking position from hands and knees crouch

**Ground strike escape 1** (Stay on back or side, shift to aim kicks at attacker’s legs)

**Ninja Bu-ki Combat Tools** Practice *ninja hanbo* cane defenses against knife cuts, and practice with Togakure ninja *senban* 4-point star blade *shuriken*.





## How and When to Test

Most students take three months to move from White Belt to Yellow Belt. Visit [www.NinjaSelfDefense.com/test](http://www.NinjaSelfDefense.com/test) to choose the testing option that best fits your needs and get your test scheduled.

**What does it take to pass the test?** Show us your physical skill and mental focus with shadow-boxing, target striking, and in safe *no-impact* self-defense scenarios.

**Why would I not pass?** Your understanding and execution of certain concepts and/or techniques can be more effective. We will provide coaching suggestions, and we will help you test again.

To pass your Yellow Belt test:

Earth (Control the Situation)

- “Grounded” proper use of body weight and gravity as you protect and counter
- Assert your right to defend; do not stop or passively cover up once attack begins
- Understand the concept of kamae – psychologically attuned body posture
- Mind, voice, and body positioning to establish boundaries – good kamae
- Yellow Belt successful test demonstration is effectively repositioning with 4 ground-holding postures and counters against an advancing aggressor (“We need to see you stay grounded.”)

## Requirements for Successful Testing

### Training Safety is #1!

- Never force a technique beyond safe practice limits
- Use training *targets* to practice speed and power
- Use training *partners* to practice timing and positioning

### Progress Towards Mastery

- **White Belt** - Accurate articulate *form*
- **Yellow Belt** - Positioning for *power and leverage*
- **Yellow-Black** - Make the right decision under pressure

### Refer to lessons at [www.NinjaSelfDefense.com](http://www.NinjaSelfDefense.com)

### Regular participation at **To Shin Do Facebook Group**

### Study book **The Ninja Defense**

### Read book **The Ninja and Their Secret Fighting Art**

### Memorize To-Shin Do® Warrior Ethic

*I believe in myself. I am confident.*

I can accomplish my goals.

*I believe in what I study. I am disciplined.*

I am ready to learn and advance.

*I believe in my teachers.*

I show respect to all who help me progress.

### Four Self-Defense Action Postures

- **Natural**, hands at sides – Relaxed “Code White”
- **Alert**, hands hip-level – Aware “Code Yellow”
- **Warning**, hands chest-level – Ready “Code Orange”
- **Bo-bi no kamae** Defense-ready – Action “Code Red!”

### Defenses Against Strike Assaults

- **“Ko-yoku”** Earth-grounded hand-edge *inside* hook punch, knock back with your strike.
- **Yoku-to** Earth-grounded hand-edge parry *outside* straight punch, your palm to temple.

### Defenses Against Limb-Grab Assaults

- **“Te-hodoki 2”** Upper arm grab from beside (his left to your right) Roll arms back, stamp down, punch up, push off.

### Defenses Against Body-Grab Assaults

- **“Ketsu-myaku”** (grab from behind)  
Stamp on shins or feet and drive elbows back

**Advanced** - Practice against rear neck choke



**To-Shin Do®**

## **Foundations of Self-Protection**

Testing for Promotion to Yellow Belt

- Four of Twelve Natural Body Weapons**
  - **High, middle, low rear-hand cross-body strikes.**
    - Hit target with open hand, fist, elbow swing
  - **Fist hammer** to collarbone, neck, or head
  - **Rising foot-arch or shin** to groin or thigh
  - **Heel stomp kick** to instep, ankle, knee, hip, stomach
  
- Ground-Hitting Safety (from Hands & Knees)**
  - **“Backward Roll”**
    - **White Belt** - Rock over to back into kicking position from hands and knees crouch
  - **“Sideways Roll”**
    - **White Belt** - Rock over to back into kicking position from hands and knees crouch
  - **“Forward Roll”**
    - **White Belt** - Rock forward over to back into kicking position from hands and knees crouch
  
- Striking Defense from the Ground**
  - **Ground strike escape 1** - Kick from back or side