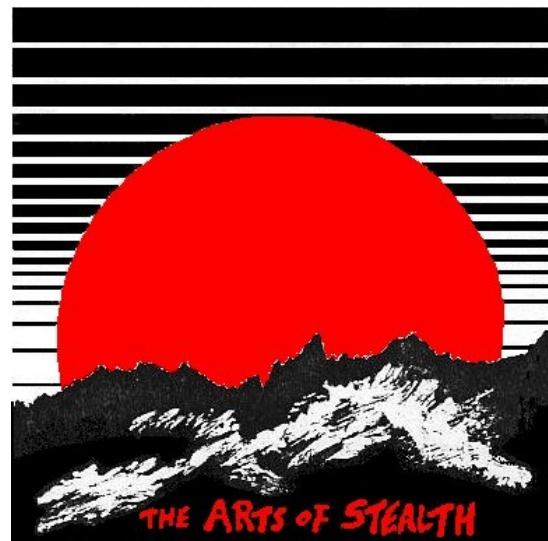


# The Master Text



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NIN

JA

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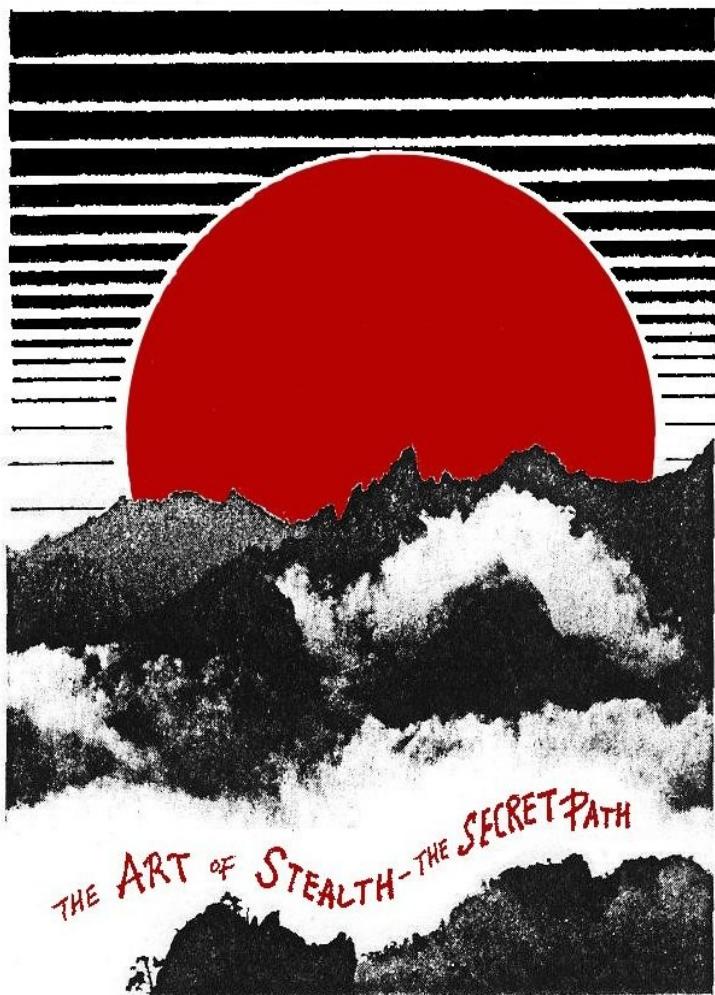
**Soon Ho Chang  
Founder of Ninja-Fu**

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**Printed in the U.S.A.**

# 忍者大



장준호 지음  
장준호  
장준호 지음  
장준호 지음

## Dedication

To the memory of my parents  
AE-GI LEE and YOUNG-SUK CHANG

To the memory of my master  
Great Grand Master JE-HWANG LEE, Ph. D.  
Founder of KOREAN YUDO COLLEGE  
Seoul, Korea

To the memory of my master  
Great Grand Master HWANG KI  
Founder of Korean Tang Soo Do

To the memory of my master  
Great Grand Master CHANG-JIN MOON, Gum Sool

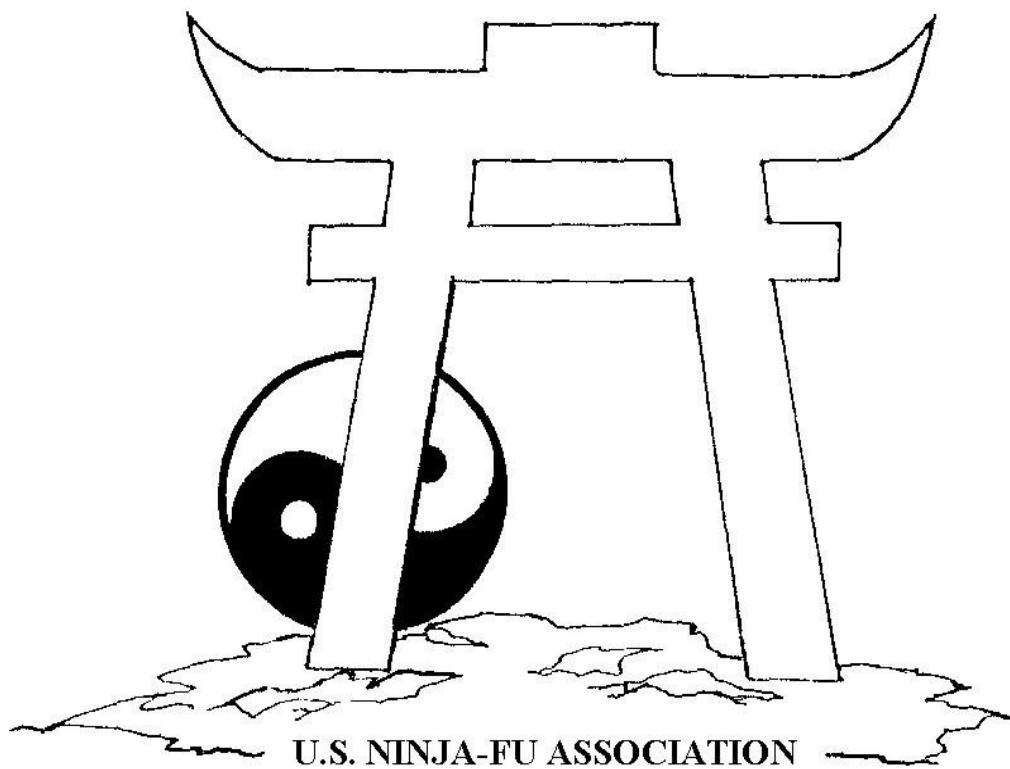
夫忍者知要必從和  
弱核侵隨為所制邪

마음 약하고 겁이 많으면  
악마는 마침내 그를 끌어들인다.  
고로 일자부는 있다.

二  
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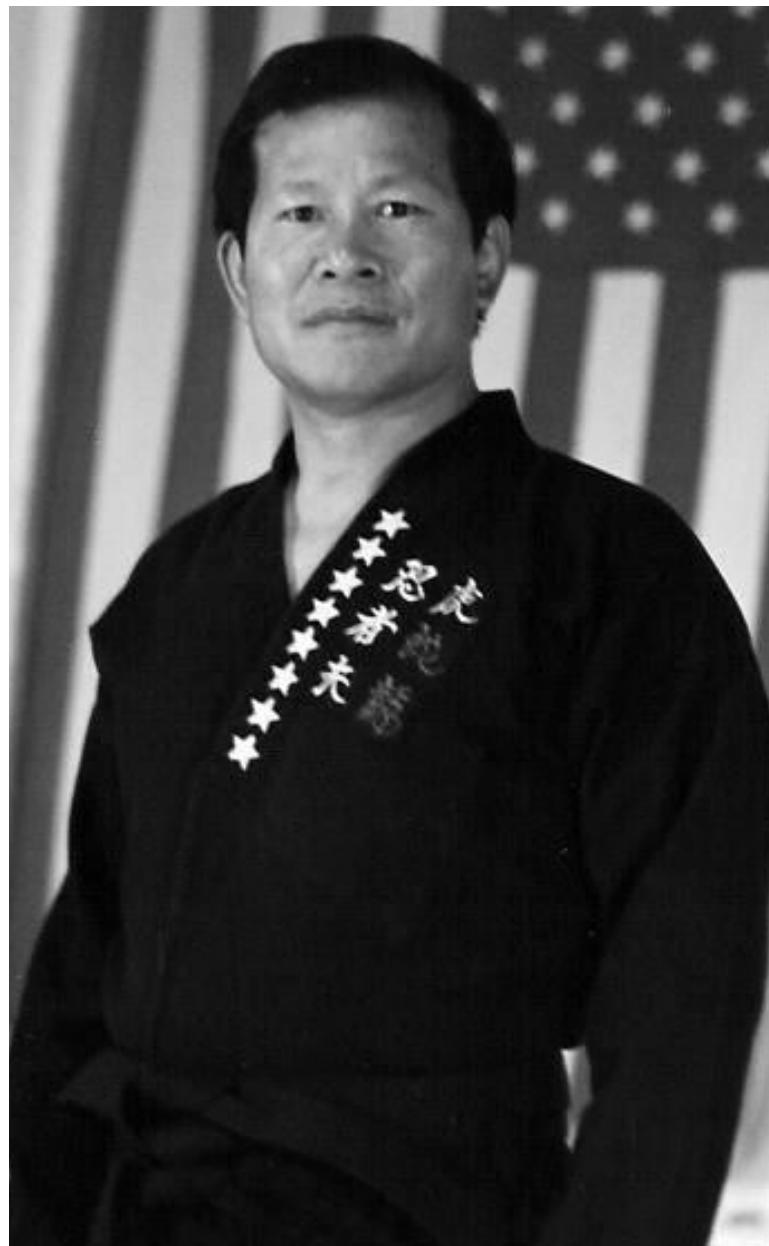
“Evil knows your fears and weaknesses  
He will invade you at last  
Therefore there is NINJA-FU”  
Founder of NINJA-FU

# 美國忍者夫協會



U.S. NINJA-FU ASSOCIATION

Soon-Ho Chang – Grand Master  
President/Chairman of U.S.  
Ninja-Fu Association



SOON-HO CHANG  
Founder of NINJA-FU

## **Notes to the dedicated student**

It will be noticed that certain areas of this manual are left blank. There is a good reason for this! Some things cannot be learned from a book, but only through a combination of demonstration and direct instruction. Factors such as speed, dynamics, timing, art of motion, power, weight shift and grace cannot be adequately described in the printed word. In some cases as with weapons training and Bons which include weapons techniques, attempting to learn from a book is not only ineffectual but can actually be dangerous. Therefore space is provided in the manual for the student to express in his or her own words the techniques and movements taught by the instructor. The manual is then the students own personal record of progress through his or her training in the art of Ninja-Fu.

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## **Forward**

I had the great honor and pleasure of starting Ninja-Fu from its beginnings in 1985. I was able to be present at the introduction of a new martial art form, created by a person with nearly unique experience in the realm of martial arts. Even in Japan, China, and Korea most martial schools focused on a particular style. Here though was a person who had trained in many forms of martial arts in way that was unique to its time as well.

Few masters can claim advanced degrees in all of Judo, Tae Kwon Do, Swordsmanship, Hapkido, Karate, as well as other arts. This diversity is the root of Ninja-Fu, which inspired me to learn Ninja-Fu, as well as later pursue Judo so that I could try to master all forms of martial arts available to me.

One thing I learned early on was to pay attention to everything that was presented. As is often in traditional teaching, techniques were usually shown once. From there it is up to the student to learn how to make those techniques work. In this, a totally new art, it was critical that we paid attention to what was presented. In the book there are places to make notes and record the forms as they are taught. In later years I came to be grateful that I took the time to write these forms down, not just as a personal reference, but as the only record of the forms when recollections in others varied.

Over the thirty years I have known Grandmaster Chang I am ever grateful for all that I have been able to learn from him, and that I have been able to contribute to the art through teaching and working on projects such as this book. I can only hope that I inspire students as he did for me.

Charles Wright – (Cho Kyo, Ninja-Fu; Sabum Nim, TKA; Jo Kyo, Judo)

## Preface

My life's work has been devoted to learning, practicing, competing, researching and teaching Oriental martial arts in different countries throughout the world. I feel honored and privileged as a Master of these Arts to be able to make a contribution to the great body of knowledge which has been preserved from ancient times and has evolved and grown to its present form today.

Although we do not live in a warrior based society of the type that existed in the past, the principles of Martial Arts are perhaps more relevant today than ever. Great opportunities exist today in work and leisure due to advances in science and the arts, and the freedom we enjoy in business and social interaction. Without physical and mental vigor, however, our dreams, desires and good intentions may never be realized. An enlightening example of the value on good health comes to us from ancient China.

In China during the Jin Dynasty, Emperor Jin offered half of his kingdom to anyone who could cure the weakness in his body and give him the strength and good health he possessed as a young man. This offer was made when Emperor Jin was in his late thirties. Today we know much about improving strength and stamina, however in those days Martial Arts were poorly organized and the health benefits were not recognized. The various forms of Martial Arts popular today, such as Judo (founded 1880's), Karate (1930's), Tang Soo Do, Aikido (1940's), Tae Kwon Do (1960's), and Jeet Kun Do, have contributed to the health, peace, and happiness of those who have had the benefit of such training.

I believe Ninja-Fu has a special contribution to make in our lives. There are two aspects which make Ninja-Fu different from all other Martial Arts. First it is a most thorough distillation of the best techniques from all Martial Arts styles. Second, it is a unique system for imparting this knowledge. The Ninja-Fu system provides a clearly defined path to facilitate learning, while building mental and physical strengths.

This official text book has been prepared for you so that you may become acquainted with our philosophy of teaching and our systematic approach to the development of both the mind and body. The text is designed as a supplement to the fine instruction you will receive in Ninja-Fu class. I encourage you to read the text book thoroughly and begin to understand the teaching of Ninja-Fu.

A handwritten signature in black ink, likely reading "Son Kilchang", is written over three horizontal strokes. To the right of the signature is a red circular seal with Chinese characters, possibly reading "高張書院" (Gao Zhang Shuyuan).



## Purpose of Ninja-Fu

The purpose of Ninja-Fu is to form individuals who are physically and mentally progressive and productive, and who are aware of the physical, mental, and moral obligations to themselves and others. The ultimate goal of Ninja-Fu lies neither in victory nor in defeat, but in the perfection of the character of its participants.

### ***Literal Translation of Ninja-Fu ( 忍者夫 )***

A short explanation of the component words which make up the word Ninja-Fu will give a deeper understanding of the literal translation.

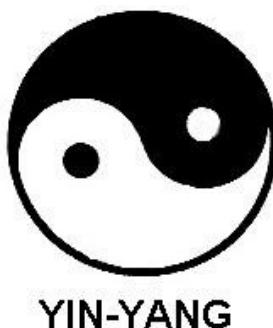
**忍** - “Nin” means to persevere, or bear or endure. “Nin” can also mean vigilance in ones heart’s purpose – the keeping of one’s goals ever keen and sharp within the heart. The goal may not be visible or known to others, but within the heart there is a deep and constant desire and spirit directed toward fulfillment of the goal. “NIN” is the cutting edge of the heart’s desire.

**者** - “Ja” is the person. **忍者** - Ninja is then the person who keeps ever sharp his heart’s purpose and perseveres towards his goal.

**夫** - “Fu” can be translated as Father, the Man of Greatness or the Heroic Man.

“Ninja-Fu” is then, “greatness achieved by man through perseverance in his heart’s goal.” The word signifies preparedness at anytime, anywhere, in anyway to successfully execute any mission. It is the method of applying “Nin” to never give up on or fail to finish any battle, task or seemingly impossible mission.

Ninja-Fu is a Martial Art that draws together and synthesizes the techniques of Samurai-Kendo, Jujitsu-Judo, Tae Kwon Do-Karate, Tang Soo Do-Kung Fu, Ninjitsu-Kyuk Twogi, and Aikido-Hapkido.

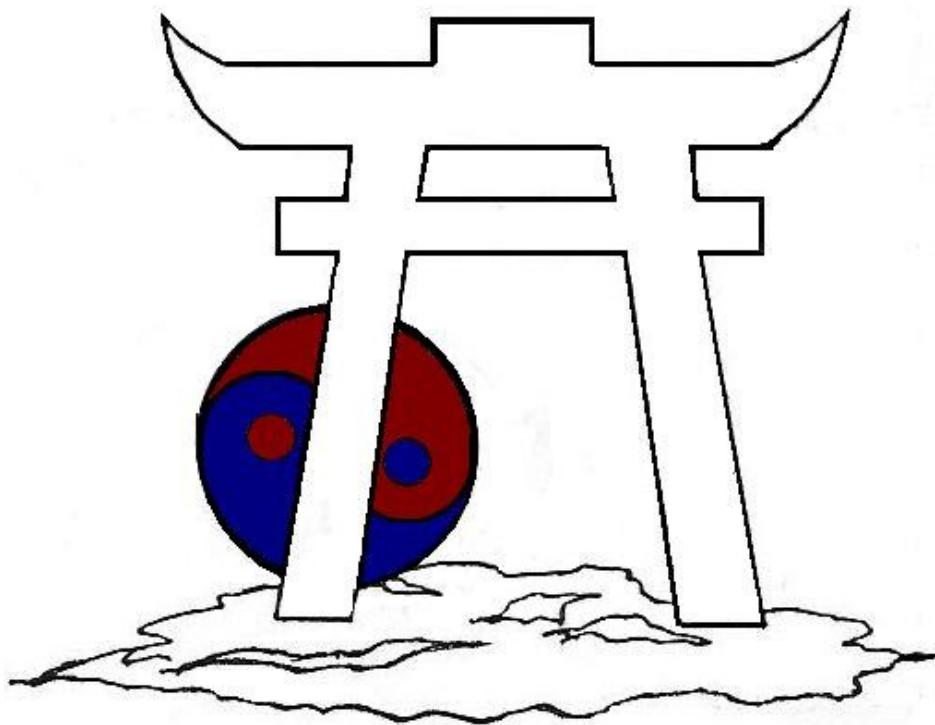


### ***Eaum (Yin) and Yang***

Eaum and Yang can be described as the opposing forces in man and his universe. Ninja-Fu recognizes the balance of destruction and creativity, of hope and despair, of good and evil with the individual, and provides a path to coordination of being through understanding of this dual nature of man and universe. Individuals are taught to recognize their potential abilities and to perfect those abilities for use in more positive and productive ways.

The student of Ninja-Fu is encouraged to utilize his talents to the maximum benefit of self and society. The student recognizes his own shortcomings and therefore develops a more realistic approach to life.





## The Symbol of Ninja-Fu

Ninja-Fu is symbolized by a Eaum (Yin in Chinese) and Yang circle divided equally – in balance and harmony. The upper red section symbolizes Evil, Day, Fire, Masculine, Sun or Yang in Korean; the lower blue section together with the ocean symbolizes Good, Night, Water, Feminine, Moon or Eaum (Yin) in Korean. The Oriental Gate (Dong Yang Kwan Moon) symbolizes the opening or beginning of your life in this journey of spirit and the art of the Orient.

## Definition of Ninja-Fu

Many people have asked what Ninja-Fu is and what it implies. Ninja-Fu is a Martial Art which utilizes the force of Karate, Kung Fu, and Tang Soo Do, the strategies of Jujitsu, Judo, Hapkido and Aikido, together with the skills of modern wrestling and boxing and gracefulness of movements found in the Ancient Weapon techniques.

In Chinese, Ninja-Fu can mean “The One’s Greatest!” The word implies the execution and sudden burst of energy directed at a particular target. Therefore, one can say that Ninja-Fu is an art that combines speed, force, and technique toward a certain target.

Quite often the term “Art” is used to describe Ninja-Fu. Art in this case means a method or technique utilized to demonstrate truth, perfection, elegance, and perseverance. Truth can be further interpreted to mean reality and virtue. The art is a reality which we face in our daily life. We cannot escape it even

if we wanted to. It is not a dream that cannot be seen nor touched, or that disappears when we wake. The truth of the Art exists in the midst of our society, and its virtue is exercised in our daily lives.

The Art of Ninja-Fu, therefore, should not be seen merely as a technique of fighting or a means of defeating an opponent. It should not be taken as a destructive weapon used to express hatred, jealousy, pride or arrogance.

Those who act with such motives are guilty of abuse and carelessness. They are only demonstrating their ignorance of the underlying principles, and purposes of the Arts.

The knowledge of Ninja-Fu is unlimited. The more we learn, the more we realize how little we actually know. We may think that we know all there is to learn about a certain technique, but before we even finish saying it, we often find ourselves faced with a different version of the same technique which was totally unknown to us. The more our imperfection is revealed to us, the more we understand the deeper knowledge of the Arts. It is a life-long learning process seeking perfection. Though we never really reach the goal, we are always deeply motivated and devoted to the pursuit of Art, beauty and happiness, tempered by humility and self-control. Progress in Ninja-Fu is measured day by day in our personal development, both mentally and physically, toward the goal of perfection.

Perfection implies beauty which has a significant role in Ninja-Fu. There is grace and beauty in the proper execution of technique. If beauty is lacking, it is an indication of error in form, timing, power or accuracy. The beauty of Ninja-Fu is also known in the personality of the artist who demonstrates a real love and kindness, a deep sense of devotion and tolerance, a sense of dignity and appreciation for his fellow man.

Ninja-Fu requires the individual to develop a more responsible personality. It demands of the individual daily physical exercise and an unlimited search for new techniques and new applications of old techniques. It requires the perfection of these techniques and their applications in a manner that is positive and beneficial to oneself and to others. If selfishness, hatred, dishonesty, anger, disrespect, or bigotry still persist in an individual after a period of time studying the Arts, then that individual will have to start all over again in order to find the real meaning of the Martial Arts.

## **Student Pledge**

I shall respect the instructor and all senior ranks.

I shall conduct myself in a respectful manner.

I shall respect the teachings of Ninja-Fu and never misuse them.

I shall always respect the rights of others.

I shall strive for camaraderie and peace in the world.

## Tenets of Ninja-Fu

<b>Courtesy</b>	Respect for other people.
<b>Humility</b>	Recognize our shortcomings. Seeing accomplishments in perspective relative to the accomplishments of others and the wonders of nature.
<b>Integrity</b>	A sense of wholeness, living a true life adhering to one's principles without deviation.
<b>Perseverance</b>	Maintaining one's path and goals even in the face of adversity.
<b>Self-Control</b>	Mental and physical command. Being able to remain calm and collected under stress.
<b>Indomitable Spirit</b>	Knowledge that if you are traveling a true path and have faith in what you are doing, you will achieve your goals.

To this day, we try to instill these qualities in our students so that they may see that Ninja-Fu is much more than just a physical discipline.

We expect our students to show respect for the history and teachings of Ninja-Fu at all times. This means that each and every student becomes an emissary of the Art. At no time should we do anything in our everyday life that is not representative of a true martial artist.

Like all martial arts, Ninja-Fu requires of its students a great deal of devotion and commitment. It demands continuous practice and a sense of perfection. The student, therefore, should cultivate the following attributes:

1. Willingness to learn.
2. Determination to achieve a goal, physically and mentally.
3. Willingness to practice alone on a daily basis outside of class.
4. Complete cooperation with the instructor and other classmates.

The student undergoes certain disciplinary procedures during a class period. Complete obedience to the instructor is a must. Respect for higher ranks and bowing before entering the Dojang is a requirement. Discipline should be the fundamental attitude and the most prominent characteristic observed in viewing a class. Rough-housing in the training area before and after class, excessive and loud talking, chewing gum and whistling are absolutely prohibited. The emphasis on self-control in the training area will eventually develop and carry over into every facet of one's life.

## **Spirit And Character**

In the Dojang, one learns of humility and obedience, respect and good manners. One observes leadership and commitment, friendship and unity. It is a training ground where one becomes physically tired, but mentally strong and energetic.

As in other sports, the first days are particularly hard and seem to be discouraging. We compare ourselves to the students at large. Students are obliged to use and exercise parts of the body that may have been dormant for years. Therefore, the resulting pains and aches are normal. It is natural for the muscles to respond negatively to the unaccustomed movements of the student.

The first days become more challenging and more difficult as one tries to teach and train the muscles for a particular movement or exercise. To keep pace with the exercise is a burden which requires not only physical endurance, but mental strength as well. The obstacles of the first days become a strength as well. They become the building blocks by which the student develops and matures physically and mentally as a responsible martial artist.

The student is advised to develop slowly and adapt to the new exercises. Students are encouraged to do their best but must understand that each individual must proceed at his own pace. Personalized instruction is readily available at this or any stage of development, for any aspect of training which causes difficulty to the student.

The new student will spend considerable time stretching and loosening up in the early stages of practice. One should also work on coordination and balance by repeatedly practicing basic kicking and blocking techniques. The basic forms are one of the best methods of learning coordination and concentration when practiced regularly and thoroughly. The student is encouraged to learn forms and practice them as often as possible.

Exercise should be enjoyable. Develop a daily program which is acceptable to your body and schedule. It is recommended that to maintain fitness, one should workout four to six times per week. The exercise should be at least fifteen minutes long. If one works out 15 to 20 minutes a day, six days a week, it is better than a very strenuous workout only twice a week.

## **Warm Up**

1. Start with relaxing the upper body, using trunk rotations, side stretches, etc. Follow with power exercises, such as push-ups and sit-ups. Finish with leg stretches.
2. When rotating the neck or spine, avoid snapping too sharply in order to prevent possible displacement of the vertebrae.
3. When stretching forward, bend at the waist to prevent stress on the lumbar region of the lower back. To aid in doing this, touch your chin to the knee, not your forehead.
4. Avoid ballistic stretching. This means avoid bouncing the head to the knee. When you bounce, you can pull muscles more easily.
5. Make sure to warm up properly before kicking to avoid pulling the major muscles in the leg. A pulled hamstring can take up to six weeks to heal.
6. Do not overdo. Progress gradually to the level you wish to achieve.

## **Meditation (BAN SUNG)**

Meditation is a relaxed state of mind developed through certain breathing and relaxation methods. When one meditates, the eyes should be closed to shut out distractions.

The brain produces five brain wave patterns:

1. Alpha: Relaxation, eyes closed
2. Beta: Wide-awake, active.
3. Theta: Day-dreaming, just before sleep.
4. Delta: Deep Sleep.
5. Gamma: Certain Cognitive and Motor functions, possibly the “no-mind” state.

While not going into complex technical jargon, it is important to train your body to relax during stress, as tests have revealed a higher resistance to pain and anxiety when one is relaxed.

Each class begins with a moment of meditation used to clear the mind of any distractions and to focus energy toward the class ahead. Each class ends with a period of meditation during which time students can reflect on what has been learned while it is still fresh in their minds.

Meditation can best be described as relaxation. We assign no religious significance to it. It is used solely to relax and practice breath patterns. Learning to breathe properly is often neglected. Most people only use a third or half of their lung capacity. The body and blood need oxygen to function properly. Without proper breathing we tire easily when working, playing, and exercising.

## **Ki Hap (Yell)**

Literally translated “Ki” means energy and “Hap” means to bring together.

When we yell, or exhale at the end of a technique, we accomplish several things. Firstly, we flatten our diaphragm by expelling our air. If you are struck to the stomach as you are attacking, you will not have the wind knocked out of you. Secondly, you increase your power at impact. Studies taken with weightlifters indicated that they could lift as much as 15% more weight when they were allowed to yell as they lifted. Thirdly, it serves to have a psychological effect on your opponent, possibly freezing him for a split second, giving you the element of surprise. This is what most soldiers are told to do as they attack, as it adds to your opponent’s stress. Lastly, it serves to control your own breathing and your own energy. Under stress, we have a tendency to hyper-ventilate, or breathe shallow. A sharp yell will return control of your breathing, maintaining your oxygen supply and, therefore, maintaining your strength.

## **Theory Of Power**

- a) Concentration: Mental and physical focus.
- b) Reaction Force: Equal and opposite.
- c) Equilibrium: Dynamic and static balance.
- d) Breath Control: Exhaling on impact.
- e) Speed and Mass: Force equals mass times acceleration.

### **Concentration**

- a) Mental: Clearing the mind and focusing the mind on the technique.
- b) Physical: Being fluid and relaxed during transition, rigid at completion of technique.  
Applying the force of impact onto the smallest target area and thereby concentrating the force and increasing its effect.
- c) Spiritual: Focusing all of one's energy at the point of impact using Ki Hap (yell).

### **Reaction Force**

According to Sir Isaac Newton, every force has an equal and opposite force. If you were to throw a baseball against a wall, it would return with an equal force. If you throw it lightly, it only bounces a small distance. If you throw hard, it comes back faster and harder.

Also, an object in motion tends to stay in motion until acted upon by another force. This is why we use reciprocal action with our technique. For instance, if you throw a back leg roundhouse, you have a tendency to keep moving forward. If, however, you pull back with your arms, you counteract the motion forward and maintain your balance.

### **Equilibrium**

Proper balance is necessary for executing a technique properly. If one is unstable, the techniques become weaker. To maintain proper balance, one must control one's center of gravity. The higher the center of gravity, the easier one can be pushed off balance. This can be seen by the example of a low-slung sports-car going around a curve at 100 mph as opposed to a tall, narrow van doing the same thing. Because of the low center of gravity, the sports-car would be less likely to tip over.

### **Breath Control**

Breath control is important in both defensive and offensive situations. One should exhale at the end of the blocks, strikes, or kicks, so that if you are struck, the stomach is flat, the muscles are tensed in order to better absorb the blow.

### **Speed and Mass**

Momentum equals mass (of the striking object) times velocity (how fast it is traveling). In other words, if you were striking with your hand and the weight of your hand can not change, the only way to increase power would be by increasing the speed from point A to point B. The same hand holding a heavy object would not have to go as fast to do the same amount of damage.

## **Ninja-Fu Skills**

Ninja-Fu is a Martial Art of winning. We will assist the sincere student to win with spirit. Your dream joins with the force of our vision to create a vibrant intention which takes shape in the mind and is woven into the fabric of reality.

## **Ninja-Fu Dress**

Images of dressing here.

# Ninja-Fu Techniques

## ***Hard And Soft Body Conditioning (Joon Bi Woon Dong)***

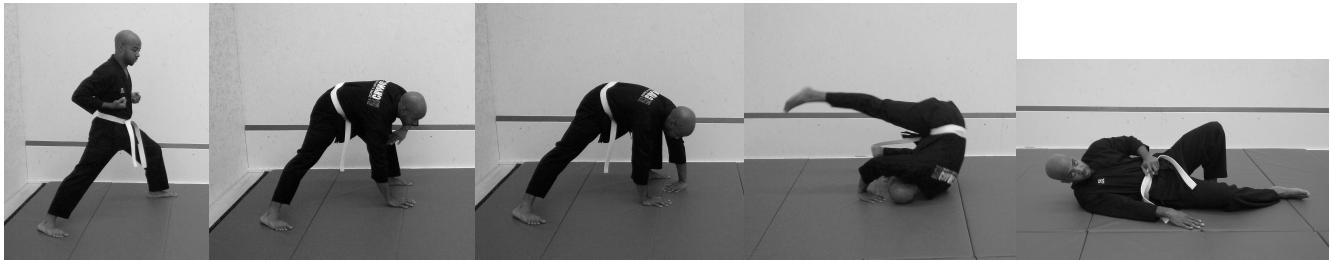
- 1) Stretching Methods (1, 2, 3, 4, 5, 6, 7, 8)
  - i. Front Leg Stretch
  - ii. Side Leg Stretch
  - iii. Back Leg Stretch
  - iv. Sitting Legs Apart (right, left and center)
  - v. Sitting Legs Straight
  - vi. Sitting Butterfly (knees apart – feet together)
  - vii. Touch your toes stretch
  - viii. Feet apart, touch the mat, reach through, rise and stretch your back.



- 2) Martial Arts Massages (1, 2, 3)
- 3) Frog Stand, Head Stand and Hand Stand



## ***Shadow Fighting, Break Fall & Leaping (Nakbop, Young Sang Bop)***



### **Nakbop (Falling and Leaping)**

Jeon Bang Nakbop	Forward Falling (1, 2)
Hoo Bang Nakbop	Backward Falling (1, 2, 3)
Chik Bang Nakbop	Side Falling (1,2)
Jeon Bang Hejeon Nakbop	Forward Roll and Leaping (1, 2, 3, 4, 5)
Hoo Bang Hejeon Nakbop	Backward Roll and Falling (1)

### **Young Sang Bop (Shadow Movement)**

Son Millgi	Hand push
Bae Millgi	Stomach push
Kasum Millgi	Chest push
Eolgool Millgi	Face push
Dee Millgi	Belt push
Jul Millgi	Line push

### **Throwing Techniques (Mechigi Kisool)**

Battari Hoorigi	Major Outer Reaping Throw
Huhri Chigi	Major Hip Throw
Hanpal Obo Chigi	One-Arm Shoulder Throw
Balmok Batchigi	Propping Ankle Throw
Baedae Dwichigi	Stomach Throw
Eot Kae Ro Mea Chigi	Shoulder Wheel
Dog Ka Rae Chigi	Minor Outer Reaping Throw
Bit Dangeo Chigi	Body Drop
O-kum Dee Gi	Side Drop
Kawe Jaru Gi	Scissor Reaping Throw
Dan Jobko Mechigi	One Leg Hold Reaping Throw

## **Finger Pressure Points (*Ji Ahp Sool*)**

The art of immobilization through Finger Pressure Points

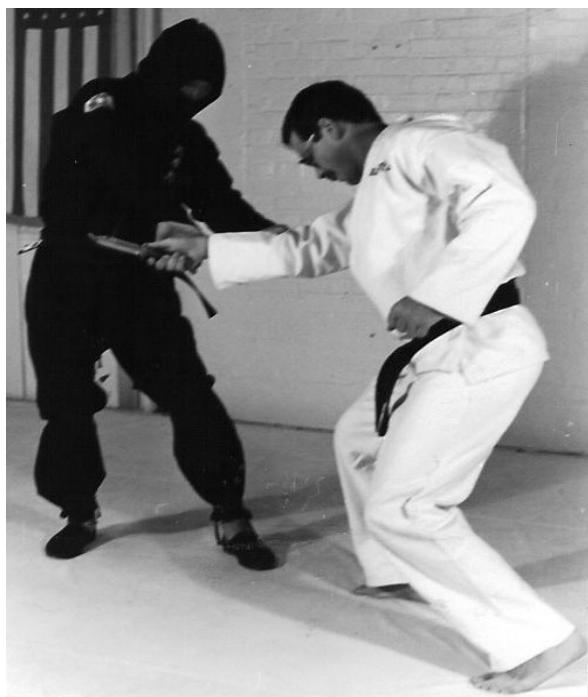
Over 230 vital areas of the body have been designated as Pressure Point Target Areas. For over a thousand years in the Orient, knowledge of these vital points, and finger pressure point techniques has been handed down by word of mouth from Grand Master, to Master, to trusted student in sworn secrecy. Only these trusted few students were made aware of the true meaning of Finger Pressure Points

These techniques have traditionally played a key role in special military, undercover and rescue missions. The value of the application of finger pressure points for self defense is obvious and therefore these techniques are an important part of Ninja-Fu training.

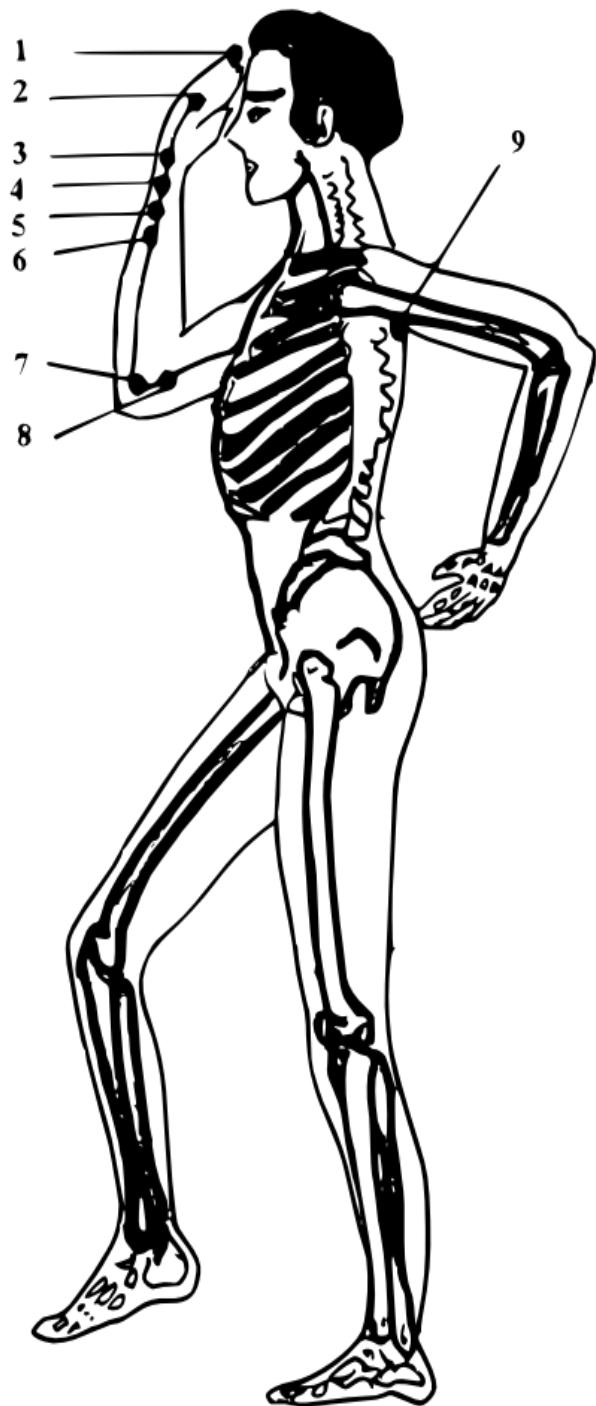
It is essential to reiterate that all power, knowledge and strength must be managed and controlled for good purposes. The automobile, our faithful means of transportation, in the hands of an unskilled or unreasoning driver becomes a terrible instrument of destruction. In the same way, the positive self defense value of Finger Pressure techniques can be turned to destructive purposes in the wrong hands. Training in these techniques is to be carried out only under Master supervision and in no other manner. Once training in a particular technique is started, that technique must be mastered. These techniques must never be revealed to others, they are your own personal secret asset. Any breech of the above rules is grounds for immediate dismissal.

## The Vital Spots

- 1) The Life Line – 24 Spots
- 2) The Heart Line – 9 Spots
- 3) The Lung Line – 9 Spots
- 4) The Kidney Line – 27 Spots
- 5) The Vertebrate Line – 28 Spots
- 6) The Colon Line – 20 Spots
- 7) The Digestion Line – 45 Spots
- 8) The Spleen Line – 21 Spots
- 9) The Small Intestine Line – 18. Spots
- 10) The Bladder Line – 63 Spots
- 11) The Balancing Energy Line – 23 Spots
- 12) The Protection Heart Line – 9 Spots
- 13) The Gallbladder Line – 42 Spots
- 14) The Liver Line – 14 Spots



## The Heart Line - 9 Vital Spots



## **Striking, Blocking And Kicking (Chireugi, Makgi And Chagi)**

### **A) Chireugi (Striking and Punching)**

Ahp Joomok Chireugi	Forefist Strike
Meh Joomok Chireugi	Hammerfist Strike
Deung Joomok Chireugi	Backfist Strike
Barn Joomok Chireugi	Middle Knuckle Fist Strike
Pyung Joomok Chireugi	Four Knuckle Fist Strike
Sonkal Chireugi	Outside Knifehand Strike
Yok Sonkal Chireugi	Reverse Knifehand Strike
Won Yok Sonkal Chireugi	Inside Circle Ridge Hand Strike
Sonkal-Keut Chireugi	Spear Hand Strike
Son Bahdock Chireugi	Palm Strike
Ahp Palkumchi Chireugi	Front Elbow Strike
Dwit Palkumchi Chireugi	Back Elbow Strike
We Palkumchi Chireugi	Upper Elbow Strike
Muri Bakchigi	Head Strike

### **B) Makgi & Jobgi (Blocking & Intercept)**

Ha-Dan Makgi	Low Section Block
Ahn Palmok Makgi	Inner Wrist Block
Ssang Sonkal Nakgi	Double Knife-Hand Block
Sang Dan Makgi	High Section
Palmok Makgi	Outside Forearm Block
Hecho Makgi	Wedging Block
Dollyo Makgi	Circular Block
Hecho Sonkal Makgi	Spreading Knife-Hand Block
Ssang Palmok Makgi	Double Forearm Block
Yok Sonkal Makgi	Inner Knife-Hand Block
Son Bah Dock Makgi	Palm Block
Kyocha Palmok Makgi	X-Forearm Block
Son Bah Dock Noolo Makgi	Pressing Palm Block
Mongdongyi Makgi	U-Shape (Staff) Block
Sang-Dan, Ha-Dan Palmok Makgi	High, Low Forearm Block
San Makgi	W-Shape (Mountain) Block
Kyocha Sonkal Makgi	X-Knife-Hand Block
Ban-Dal Cha Makgi	Half Moon Block

### C) Chagi (Kick & Smash)

Ahp Cha Olligi	Front Rising Kick
Ahp Chagi	Front Snap Kick
Ahp Budou Chagi	Front Thrust Kick
Yeop Chagi	Side Snap Kick
Yeop Budou Chagi	Side Thrust Kick
Ahp Bandal Chagi	Outside-inside Crescent Kick
Ahp Bandae Bandal Chagi	Inside-outside Crescent Kick
Dollyo Chagi	Roundhouse Kick
Dwit Dollyo Chagi	Back Spinning Kick
Dwit Chagi	Back Snap Kick
Tai Poong Chagi	Tornado Kick
Yi-Dan Ahp Chagi	Flying Front Kick
Yi-Dan Yeop Chagi	Flying Side Kick
Yi-Dan Dwit Chagi	Flying Back Kick

### Grappling/Holding & Choking/Strangle (Nuroogi & Chorugi)

#### A) Nuroogi (Holding)

Eot Kae Nuroogi	Shoulder Hold (1, 2)
Kasum Nuroogi	Chest Hold (1, 2)
Eolgool Nuroogi	Face Hold (1, 2)
Karo Nuroogi	Close Hold (1, 2)
Maltagi Nuroogi	Horseriding Hold (1, 2)

#### B) Chorugi (Choking/Strangling)

Anha Chorugi	Sliding Lapel choke (1, 2)
Menson Chorugi	Naked Arm Choke (1, 2)
Ship Ja Chorugi	Close Lock (1, 2, 3)
Se Mo Chorugi	Triangle Lock
Huhri Chorugi	Waist Lock

### Locking, Twisting And Flipping (Gahki, Beetlegi & Dunjigi)

There are a few flipping techniques together with locking and twisting techniques as in the Hapkido or Aikido Arts.

#### A) Gahki (Locking)

Mok Gahki	Neck lock (1, 2)
Son Mok Gahki	Wrist lock (1, 2, 3, 4, 5)
Palkumchi Gahki	Elbow lock (1, 2, 3)
Huhri Gahki	Waist lock (1, 2)

## B) Beetlegi (Twisting)

Mok Beetlegi	Neck twist
Son Mok Beetlegi	Wrist twist (1, 2, 3, 4)
Bal Beetlegi	Foot twist (1, 2)

## Staff(Bo) Fighting (Bong Sool)

There are two different sizes of bo staff. Chang (chawng) Bong 6' Long and Tan Bong 3' Long.

## A) Bong Sool Sogi (Bo Stances)

Joon Bi Sogi	Ready Stance
Ja Yeon Sogi	Natural Stance
Chun Gui Sogi	Forward Stance
Hoo Gui Sogi	Back Stance
Gi Ma Sogi	Horseback Riding Stance
Oh Koo Rya Sogi	Tension Stance
Goyangyi Sogi	Cat Stance
Hakdari	Crane Stance
An Juo	Rear defense Stance

## B) Gong Kyuk Boowe (Attack/Striking point)

Mury Gong Kyuk	Overhead Strike
Kasum Gong Kyuk	Chest Strike
Son Mok Gong Kyuk	Wrist Strike
Mok Gong Kyuk	Neck Strike
Bae Jirugi	Poking Stomach
Noon Jirugi	Poking Eye
Baideung Jirugi	Poking Instep

## C) Makgi (Blocking)

Downward Block	Ha Dan Makgi
Inside to outside block	An Makgi
Outside to inside block	Bakkat Makgi
Vertical block	Sewo Makgi

## **Short Stick Fighting (Gon Bong Sool / Nunchaku)**

Gon Bong Chigi Sogi	Nunchaku Strike stance (1,2,3,4,5)
Gon Bong Zhorugi	Nunchaku Locking/Choking (1,2,3,4)
Gon Bong "BON" (Sam Bong Ryu)	Nunchaku Form/Kata (Ill Poom, Yi Poom, Sam Poom, & Sa Poom)

## **Fighting With Ninja-Fu Sword (Ninja-Fu Gum)**

There are two different NINJA-FU Gum. One is throwing knife (Tan Gum) 7" long. The other is NINJA-FU Dai Gum 28" long.

Dai Gum Gi Bon Sogi	Ninja-Fu sword basic stance (1,2,3,4)
Dai Gum Gi Bon Kong Kyuk	Ninja-Fu sword How to fight (1,2,3,4)

Note: Ninja-Fu throwing knife: Please see Tan Gum Sool



## **Oriental Fencing Skills (Gum Sool / Samurai Sword)**

A) Practice in GUM SOOL can be divided into three parts:

Basic practice	Jook Gum and Mok Gum without Armor
Free practice	Jook Gum and Mok Gum with Armor
Real practice	Real Samurai sword (Jin Gum) without Armor. Only practice “BON” (Form/Kata) and Demonstration.

B) Basic Postures (Gi Bon Sogi)

- |  |
|--|
| 1) Holding the sword at the center of body                   |
| 2) Holding the sword over the head                           |
| 3) Holding the sword low                                     |
| 4) Holding the sword vertically at right side of the head    |
| 5) Holding the sword right of the body with sword point back |

C) The Points area used in Gum

- |  |
|--|
| 1) A blow directly to the center of the head                     |
| 2) A similar blow on the side of the head (left and right)       |
| 3) A blow just above the wrist joint on the arm (left and right) |
| 4) A blow on the chest (left and right)                          |
| 5) Only thrust used in gum is a lunge directed to the throat     |

## **Short Knife Fighting (Tan Gum Sool)**

Kal Dunjigi Sogi	How to Throw NINJA-FU Gum (1,2,3,4)
Kal Makgi	How to Release (1,2,3,4,5,6,7,8,9)
Kal Kong Kyuk	How to Attack (1,2,3,4,5)

## **Blade Throwing (Byul Kal / Shuriken / Fighting)**

Byul Kal Dunjigi Sogi	Fighting star throwing stance (1,2,3,4)
Byulkal Dunjigi	How to throw a fighting star (1,2,3,4)

## ***Breaking Techniques (Kyuk Pa Sool)***

Breaking is done primarily to demonstrate the “Theory Of Power”. It should never be attempted as a way to impress your friends. In a step by step manner each basic technique builds upon the one before until we reach the point of confidence in our knowledge. In order to break, one must clear one’s mind of distractions. By concentrating mind, body, and spirit into one single purpose, breaking is achieved.

One should not attempt to break without trained supervision. Breaking incorrectly can result in serious injuries. When your instructor feels you have enough experience, he will show you the proper way.

### **A) Kinds Of Breaking (Kyuk Pa Chong Ryu)**

Ahp Joomok Kyuk Pa	Fore Fist Breaking
Meh Kyuk Pa	Hammer fist Breaking
Son Kal Kyuk Pa	Hand Knife Breaking
Son Keut Kyuk Pa	Spear hand Breaking
Ahp, Yeop, Dwi Chagi Kyuk Pa	Front, side, back kick Breaking
Bal Kal Kyuk Pa	Foot Knife Kick Breaking
Palkumchi Kyuk Pa	Elbow Breaking
Mury Kyuk Pa	Head Breaking

Note: Materials that can be used are stone, ice, cement, fire bricks, bottles and all kinds of wood.



## Ninja-Fu And Its Forms (Sam Bong Ryu “BON”)

As in all martial arts, Ninja-Fu teaches students certain forms - HYUNG, KATA, POOMSE or BONs. These forms vary in number and also in style. The main purpose of these forms is to sharpen the individual's concentration level and engage the mind totally in the execution and perfection of certain movements. One is said to master the forms when one is able to unite body and mind in the performance of forms. The level of concentration is increasingly challenged by the increasing level of difficulty in the progression to the higher forms. In addition to learning mind concentration, the forms establish fighting strategies or skills through which the student practices various stances, blocks, punches, choking/strangulation, throwing, leaping, falling, strikes and kicks. They are the most effective ways of developing strength, speed, technical precision, and balance. The forms are also used as a measuring scale of one's devotion and commitment to the basic teachings of Ninja-Fu. Therefore, one is required to study and master a number of forms as one continues to learn and develop in Ninja-Fu.

### **What Is Sam Bong Ryu?**

Literally, “Sam Bong”, in Chinese means a very large mountain with very deep roots. RYU means “Arts Style.” Ninja-Fu founder, Grand Master Soon Ho Chang’s childhood nickname was “Sam Bong”. This is not without historical significance. The most famous of Martial Arts Masters was a priest who lived 700 years ago in the Yuen and Song Dynasties. He was the founder of Tai Chi Chuan - Kung Fu, and his name was Chang Sam Bong.

“Sam Bong Ryu” forms have their roots in 2300 year old ancient Martial Arts styles. They encompass today’s most popular Arts of Tae Kwon Do/Karate, Judo, Hapkido, and very old various weapons (Samurai sword, Nuchaku, Shuriken/fighting stars, Staff/Bo, Kama and Sai). In every movement, both in the body forms and weapons forms, those who train can feel a sense of continuity with those who trained thousands of years ago in this ancient Art. The study and training in these forms is designed for all people, small and big, weak and strong, light and heavy, young and old, men and women.



Chinese word “Sam Bong Ryu” written by founder

## **PAEK JOL BUL KUL**

百折不屈

Movements: 18

Meaning: Literally – “Paek” means one hundred. “Jol” means break or chop. “Bul Kul” means never give up or surrender.

Never give up or surrender, no matter how hard the struggle, the pain or difficulty even if it bends and breaks the body into one hundred pieces.

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**IN-GAN**  
**人間**

Movements: 24

Meaning: Literally - Mature Human Being

As we all know, human beings are the most complex thinking animals. It is essential that we train ourselves to use reason and act with emotional discipline. This Ninja-Fu Bon is especially designed as the most basic development of the Mind and Body.

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## **SA NA HEE**

夫

Movements: 32

Meaning: Literally - A Man! or Knight

In Ninja-Fu, Sa Na Hee means mastery of

- |                              |                  |
|------------------------------|------------------|
| 1. Speed running and jumping | 5. Swordsmanship |
| 2. Unarmed Combat            | 6. Swimming      |
| 3. All Weapons               | 7. Archery       |
| 4. Horsemanship              | 8. Wrestling     |

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**JA-YU**

自由

Movements: 36

Meaning: Literally Liberty or Freedom

All “In Gan” are born with freedom and the right to live in this world! Sometimes we have to fight for or Freedom an Liberty. You can freely translate your ideas into actual physical technique when you have mastered this Bon.

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**BEE HO**

飛虎



Movements: 39

Meaning: Literally - Flying Tiger/Strength/Speed/Flexibility

Like a flying Tiger we can be strong, fast and flexible, if we train ourselves to do the Bee Ho Bon's hard and soft, and fast and strong movement.

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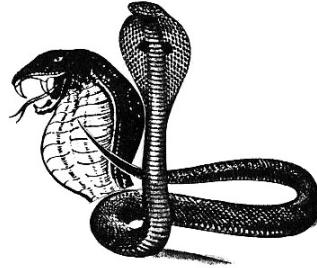
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**DOCK SA**

毒蛇



Movements: 36

Meaning: Literally - Poisonous Cobra Snake

Dock SA Bon is designed to develop precision in each movement or action. As in the poison cobra's bite we are sure to execute our mission. All movements and actions are fierce and fast.

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## **CHUN HAE**

天海

Movements: 39

Meaning: Literally - “CHUN” means Sky, “HAE” means Ocean

The sky and ocean indicate the unlimited growth potential of the student, just as the plants reach to the heavens and the fish fill the seas.

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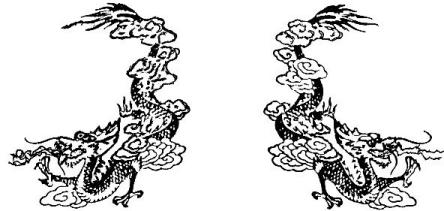
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## **HWA-RYONG**

火龍



Movements: 47

Meaning: Literally – “HWA” means Fire, “RYONG” means Dragon

The angry dragon breathes fire! Hwa Ryong Bon is especially designed to build strong internal power to withstand all kinds of physical punishment.

### **JOON-BI**

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Movements: 37

Meaning: Literally - “TAE” means Big and Great, “YANG” means Bright, to shine forth. Yang is the positive side.

The great energy and power for all endeavors is drawn from the earth and universe. This Bon is physically dynamic and explores high level techniques.

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## **JI-KONG**



Movements: 37

Meaning: Literally - “JI” means Earth, “KONG” means Air. Imagine if there is no Earth or Air!

This Bon is a high level form. Just as we revel in the celebration of Life provided by the Earth and Air, so Black Belts enjoy training in this Bon which demonstrates the mastery of Black Belt.

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## **Silla Staff Bon**

Movements: 48

Meaning: Staff form from Silla period.

The Silla Staff form is a traditional staff form from the Silla dynasty period (southern Korean), (57BC – 947AD).

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### **Nunchaka Bon**

Movements: 11 and 14 respectively.

This is a two part series of nunchaku bons performed at different belt levels.

#### **I'II Poom**

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#### **Yi Poom**

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## **Samurai Sword Bon**

Movements: 6 and 15 respectively.

This is a two part series of sword bons performed at different belt levels.

### **I'II Poom**

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### **Yi Poom**

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## The Importance Of Terminology

One of the unique aspects of the martial arts, is its reach into culture and custom. This is reflected in the martial arts terminologies. The student, through the study of terminology, is given the opportunity to see through and catch a glimpse of a fascinating and different culture and custom. One not only comes to understand the ways in which this discipline is unique, but one also shares in its uniqueness through the gradual mastery of it. Terminologies are communication tools by which the student slowly learns to respect and imagine the depth of Ninja-Fu. Through the study of terminology, the spirit of Ninja-Fu spreads and builds to unite its students as one and joins them to one discipline.

## Ninja-Fu Terminology

JE JA	Martial Arts Student/Apprentice
CHO KYO	Assistant Instructor (Recommended by Kyo Sa, appointed by Sabum Nim, 1st/2nd Dan Black Belt)
KYO SA	Instructor (Recommended by Cho Sabum, appointed by Sabum Nim, 2nd/3rd Dan Black Belt)
CHO SABUM	Assistant Master Instructor (appointed by Kwan Jang Nim, 3rd/4th Dan Black Belt) Recommended by Sabum Nim
SABUM NIM	Master Instructor (Appointed by Kwan Jang Nim, 4th Dan Black Belt and up)
KWAN JANG NIM	Grand Master
YUDANJA	Dan Holder (Black Belt and up)
YUKUP JA	Kup Holder (Red & Brown Belt and under)
MOOKUP JA	White Belt
DOJANG	Martial Arts School, Gymnasium
CHARYUT	Attention position, heels together
KYUNG -NYEH	Bow (pronounced: Kun-yay)
KUKI -YEH	To the Flag
SHE -YOT	Relax, at ease
JOON-BI (CHOOMBI)	Ready position, Feet shoulder width apart
BARO (PARO)	Eyes front, Return, usually to Joon-Bi stance
KI-HAP	Yell
KEU-MAN (GEUMAN)	Stop
BAN SONG	Meditation
AN - JUO	Sit down
ERO-SOH (YI RUH SUH)	Stand up
KYODAE	Change (Switch)
SHI -JACK	Begin
DUIRO DORA	About face
DAE RYUN	Sparring, Free Fighting
BON	Form (Hyung, Kata)
CHIREUGI	Strike
NAKBOP	Falling Techniques
MAKGI	Block

CHAGI	Kick
MECHIGI	Throwing Techniques
NUROOGI	Holding Techniques
ZHORUKI	Choking and Strangling
JUNG SHIN	Tenets
YEH UI	Courtesy
YOM CHI	Integrity
IN NAE	Perseverance
PAEK JUL BUL KUL	Indomitable Spirit
GAHKI	Locking
KYUKPA KISOOL	Breaking
KAL	Knife
GUM	Sword
SWEI SA SYL	Chain
SIM SA	Test/Examination
SHI HAP	Competition
HA DAN, CHOONG DAN, SANG DAN	Low, Middle, High section
GONG KYUK	Attack or fight
BEETLEGI	Twisting
JOOK GUM	Bamboo sword
MOK GUM	Wooden sword used as practice weapon
SAHNG	Citation
MOO DO	Chivalry, Way of KnightHood
MOO SA	Martial Artist, Knight
MOO SA DO	The Way of Martial Arts
HO SHIN SOOL	Self Defense

## **Techniques**

SEOGI	Stance
JIREUGI	Hitting
CHIREUGI	Thrusting, Stabbing
CHAGI	Kicking
CHIGI	Punching
MAKGI	Defending
MOM-UMJIGGI	Movement of the body
POOM	The resulting action

## **Stances**

SEOGI (SOGI)	Stance or posture
MOA-SEOGI	Stance with the inside edge of the feet touching
CHARYOT-SEOGI	Heels together, toes apart 22.5 degrees
CHOONBI-SEOGI	Ready stance (PYEONHI-SEOGI)
GI MA-SEOGI	Horse stance
AP-SEOGI	Walking stance
BOEM-SEOGI	Tiger stance
CHUN GUL	Front stance
HOO GUL	Back stance

## **Kicks**

CHAGI	Kicking
AP-CHAGI	Front kick
YEOP-CHAGI	Side kick
DOLLYO-CHAGI	Roundhouse kick
BANDAL-CHAGI	Mixture: AP-CHAGI & DOLLYO-CHAGI, half moon kick
MOMDOLLYO-CHAGI	Spinning hook kick
YIDAN	Flying
YIDAN AP-CHAGI	Flying front kick
YIDAN YEOP-CHAGI	Flying side kick
DWIT	Back
DWIT-CHAGI	Back thrust kick
YIDAN DWIT-CHAGI	Flying back thrust kick

## **Defending**

MAKGI	Defending
SANG DAN MAKGI	High block
CHOONG DAN MAKGI	Middle block
CHOONG DAN-AN-MAKGI	Outside Middle block
HA DAN ARAE-MAKGI	Low block
SONKAL MAKGI	Knife hand block (both hands)

## **Parts of The Body**

MOM	Body
PAL	Arms
SON	Hands
BATANG-SON	Palm
JOOMEOK	Fist
BAM-MOOMEOK	Fist with joint of middle finger thrust forward
SONKAL	Knife hand
SONKAL-DEUNG	Head of knife hand

PYONSON-KEUT	SONKAL with thumb bent deeply into palm
PALMOK	Forearm
PALKOOMCHI	Elbow
DARI	Leg
BAL	Foot
APCHOOK	Ball of the foot
DWICHOOK	Bottom of heel
DWIKOOMCHI	Achilles' heel, back of heel
BALKAL	Foot Knife
BALDEUNG	Instep of the foot
MOOREUP	Knee
EOLGOOL	Face
MOMTONG	Trunk of body
ARAE	Lower body
EOT KAE	Shoulder
HUHRI	Waist
SONMOK	Wrist

### ***Counting***

HANA	1
TUL	2
SET	3
NET	4
TASOT	5
YOSOT	6
ILGOPE	7
YODOL	8
AHOPE	9
YOL	10
YOL HANA	11
YOL TUL	12
YOL SET	13
YOL NET	14
YOL TASOT	15
YOL YOSOT	16
YOL ILGOPE	17
YOL YODOL	18
YOL AHOPE	19
SUMUL	20
SOLHUN	30
MAHUN	40
SWIN	50
YESUN	60
IL HUN	70
YO DUN	80
AHUN	90

IL BAEK	100
IL, CHO	First
YI	Second
SAM	Third
SA	Fourth
OH	Fifth
YOOK	Sixth
CHIL	Seventh
PAL	Eighth
KOO	Ninth
SHIP	Tenth
YI SHIP	Twentieth
SAM SHIP	Thirtieth

## **One-Step Sparring**

One-step sparring is controlled attack and defense training. One student simulates a street opponent by throwing a single punch. The punch is to a predetermined target, and is combined with a forward step. (Note that one should position oneself far enough away from a street opponent to force him to commit to a technique.) This attack is received first by movement out of range, forcing the opponent to overextend and be off balance. He is then open for a counter-attack. The counter-attack is a matter of preference depending upon the size and power of the opponent. The counter-attack should be of sufficient effectiveness to render further defense unnecessary.

It is a good idea to have several good defenses against different angles of attack. It is better to have a few techniques that work all the time than fifty that you can not perform effectively. Techniques should be practiced so often that they develop into a reaction pattern that responds instantly out of instinct. You will be too late if you must stop and think. Remember, practicing in class should be done with control. The real battle is on the streets, not in the studio. If you keep hurting your classmates, they will not volunteer to help you.

### **Remember:**

1. Movement
2. Block
3. Counter

## **Research (Rehearsal) Sparring**

Sparring is done to practice, without risk of severe injury, techniques you may be called upon to use on the street to defend yourself or your loved ones. Normal sparring will entail the same rules we use in the U.S.N.A. tournaments with minor modifications made by the instructors to accentuate different areas of your training.

To become proficient at sparring takes much dedication. The essence of sparring breaks down to basic elements. Timing is essential. If you throw the hardest kick possible and it is ten seconds too late, it will be of no use to you. You must learn when to block and when to attack.

Distance and balance are very important. You must be properly balanced when executing techniques. You may only get one chance to strike, so it must be delivered effectively.

Patience is essential. You must be able to wait for the proper moment when your technique will do the most good.

All the elements of the Theory of Power as well as the physical preparation will be addressed in your classes.

Classes also deal with your mental attitude while sparring. One of the most important things to remember is self-control. A person who can not control his or her own body and mind can not expect to have control over someone else.

For a student to become good at sparring, one must learn to become one with the opponent, move as he moves, think as he thinks. A perfect match would be one in which no one is able to score a technique because both are so in tune with the other.

A common mistake is rushing in to score only to find your self scored upon. It is not how many times the techniques land on your opponent, but rather how few techniques land on you: If you throw twenty techniques and get scored upon twenty times, then you are not successful. If, however, you throw twenty techniques without scoring, but you are not scored upon, then you are successful. The key is self-defense, not getting your self hurt. This is what you should strive for.

Most beginners look at sparring as a competition, and in a way it is, but too often they let their egos get in the way. When you spar, you are asking your opponent to point out your weaknesses. So when a classmate scores a technique, thank him or her for helping you develop defense. In the street, sometimes it is of little concern whether you win or lose, but a matter of staying alive. If you discipline yourself, at least you can learn to stay alive. In class, however, make sure that you follow the recommendations of your senior ranks. Sparring is a personal thing. Some techniques may work for you, some may not, but you should try all the techniques and make your choice based on your own abilities.

## **Full Control Sparring**

Remember that what you practice will come out under pressure. The sparring in class is done nicely and done without emotional outburst. On the street, when faced with violent emotion, you may feel like fading and become scared. Violent emotion can give a person great bursts of energy, but violent energy is short-lived and ends in exhaustion. If you are in control of yourself, you will wait and block until the attacker has exhausted himself. At that time, you will emerge victorious.

Remember: Spar nicely, train hard, temper your spirit with control, and you will, with our qualified training staff, become proficient in defending your self.

## **Legal Implications**

Whenever we deal with the use of lethal force in a self defense situation, we must consider the legal ramifications of our actions.

While State statutes on the use of force vary, generally we can say that any person can use enough force to defend his or her person. The question is how much force is enough? You are entitled to defend yourself until the attacker stops his attack. Any more force beyond this point is usually called "Turn About." In other words, if a person stops his attack, you must stop your defense, or you become the aggressor and criminally liable for your actions. Each situation will be determined by intent. If the person has a weapon, such as a knife or gun, and his intent is to do you bodily harm, you are entitled to more force. For the younger students, if you are in school and someone calls you a sissy and pushes you, this does not call for excessive force, such as breaking his nose or legs.

Also, for the older students, if you are in a tavern or some such place, and a person asks you if you want to step outside, and if you agree, then you have waived your right to self-defense in a court of law.

You can use what you have learned, but with the proper restraints. Use what you know very sparingly and you will not have to worry. Most situations can be avoided by communication.

## The Meaning Of Your Belt Colors

*Editor's Note: The belt colors described below are reflective of the rank levels originally defined in the tests, not necessarily the actual color of the belt. The color of the cloth means nothing...*

As you are already aware, there are different ranks, and each rank is distinguished by a different sash/belt color. Each rank color signifies a stage in the unending cycle of life nature which is depicted on the last page of text.

To give you a brief understanding of the different color sashes/belts, we shall begin with the white sash. The white on the sash/belt signifies the hidden potentials of the beginner like a seed beneath the winter snow. Following the white sash is the yellow sash. This color represents the positive actions of the new student similar to the warmth of the late winter sun which melts the snow and allows the seed to germinate. Then we have the green sash and the blue sash consecutively. The green color indicates growth and development of the student as it depicts the spring when growth and activity abound. The blue sash signifies the sky, and indicates the unlimited growth potential of the student, similar to the growth of a plant that tries to reach the blue sky. By the brown belt, one observes maturity, in the same way as one is reminded of the fall season. As the leaves turn from brown to red, we tend to forget the dangers which lie ahead. The color is only superficial, for it is what is stored within that will decide survival for the completion of the cycle. Therefore, red sash signifies danger. Black is the color of mastery. No color added to black can change or improve it, and so it becomes the completion of an unending cycle which starts again from the beginning.

## General Rules For The Ninja-Fu Student

Listed below are ten rules of personal conduct that every member of Ninja-Fu should follow:

1. Every member should always seek truth and practice it.
2. Every member should promote the highest moral character through the training of Ninja-Fu.
3. Every member should respect and obey his/her parents, teacher, and seniors.
4. Every member should love his/her country and contribute to his/her community.
5. Every member should develop both great confidence and humility and should practice it both inside and outside of class.
6. Every member should do his or her best to promote intellectual growth.
7. Every member should not hesitate to sacrifice himself/herself for justice.
8. Every member should do his/her utmost to develop Ninja-Fu as the most popular martial art in the world
9. Every member should develop his/her endurance and be calm and humble in mind .Every member should always remember that the ultimate purpose of Ninja-Fu is to promote both physical and mental health

# **General Rules For Class And Proper Dojang Etiquette**

## **1. Entering the Dojang**

Upon entering the Dojang or training area, students in the Dobok or in street clothes shall bow properly towards the flags and also to the instructor. This will be done without exception. Students do not have to wait for the instructor to acknowledge the bow if the instructor is busy.

## **2. Starting Class**

- a. The highest ranking grade holder (Yukupja) shall arrange the class according to rank, high ranking students always beginning on the instructor's left hand side for each row.
- b. All black belt holders (Yudanja) shall line up on the side at the front of the class to the instructors left.
- c. During the salutation at the beginning and end of the class only the head instructor of the school shall take the place at the front center of the class. An exception would be a distinguished guest instructor that would be invited to accompany the head instructor at the front center of the class.
- d. The highest ranking grade holder (Yukupja) will call the commands for salutation.
  1. The salute to the flags. (Kukiye Daehaiyo Kyung-nyeh)
  2. Face and bow to the instructor.
- e. Optional - The instructor shall give the command for meditation.

## **3. During the class**

Proper respect and discipline shall be maintained at all times and Ninja-Fu ritual should be followed in a uniform manner.

- a. When a student comes to class late, he/she should wait until he/she is recognized by the instructor, then approach him/her, bow, and get permission to join the class.
- b. When a student must leave the class during training, he/she should first receive permission from the instructor.
- c. The student should follow all class instructions explicitly.
- d. Anything that would prevent the student from performing in class to his/her fullest should be discussed with the instructor prior to the start of class.
- e. No jewelry is allowed to be worn during the class.
- f. There should be an absence of unnecessary noise in the Dojang. Students should remain silent, especially during forms and free-fighting.
- g. Students seated on the sidelines should remain still so as not to disturb those on the floor.
- h. While seated, students should keep a proper posture. A kneeling or seated position with the legs crossed in front is acceptable.
- i. Younger students must show respect to their seniors, regardless of rank.
- j. Students and instructors are encouraged to use Korean terminology in the Dojang.

- k. Profanity or any type of verbal or physical abuse to another student is not allowed.
- l. Fingernails and toenails should be clipped and kept short to prevent injury to others.

#### **4. Dismissing the Class**

- a. The highest ranking grade holder (Yukupja) shall arrange the class according to rank, high ranking students always at the beginning of the instructor's left-hand side for each row.
- b. All black belt holders (Yudanja) shall line up on the side at the front of the class to the instructor's left.
- c. The instructor shall take his/her place at the front center of the class.
- d. Optional - The instructor shall give command for meditation.
- e. The highest ranking grade holder (Yukupja) will call the commands for salutation.
  - 1. The salute to the flags
  - 2. Bow to the instructor
  - 3. Bow to the attending black belt Yudanja

#### **5. Leaving the Dojang**

Upon leaving the Dojang or training area, students shall bow properly towards the flags.

#### **6. The Dojang**

In addition to those things mentioned earlier, the students should also observe these rules regarding proper etiquette in the Dojang:

- a. No smoking or swearing inside the school
- b. No shoes, drink, food, or gum are allowed in the training area or any other restricted area in the school
- c. Replace all equipment to its proper place after use
- d. Help keep the school neat and clean at all times
- e. Do not litter inside or outside the school

#### **7. Salutation**

Much importance is attached to the salutation. It is an integral part of Ninja-Fu. While training, one should pay respect to one's instructor, senior members, and opponents. One should not lose self-control, patience, or composure. Always address your instructor and senior ranks properly. Before and after exercises or contests, the participants should turn around, adjust their dobok, and make a correct salutation to their partner, opponent, or instructor.

#### **8. The uniform (Dobok) and Belt/Sash**

Members should exercise care to keep their dobok clean and pressed at all times. It is important to give a good impression of our art, and a neat appearance is important in this respect.

The lapels of the top should be crossed left over right. The belt/sash is tied with a square knot in the front and its ends should be even in length. The student should also note the difference between practice and occasion (such as a promotional examination). The traditional Ninja-Fu uniform is black with no trim and the student will want to keep more towards tradition on the more formal occasions. The uniform and belt/sash should be worn properly before, during, and after class.

Any patches or insignias on the uniform should be arranged as follows:

Your school insignia on the left lapel, the U.S.N.A. insignia on the right lapel, the Korean flag insignia on the left shoulder and the flag of your native country on your right shoulder.

## **Ninja-Fu Belt/Ranking System And Requirements**

WHITE SASH

NIN SAHNG

JA SAHNG

FU SAHNG

GREEN SASH

BEE HO SAHNG

DOCKSA SAHNG

BLUE SASH

HWA-RYONG SAHNG

RED SASH

BLACK BELT/RED STRIPE 1st Dan to 10th Dan

## **Spirit And Character**

Conduct is an expression and act of the mind. Therefore, a martial artist needs not only physical skills, but also the proper mental attitude. Martial Art cannot be instantly created, but it can be developed. It can bring forth your maximum ability and can make you an outstanding individual. It is said that if you want to put an enemy to rout, first you use your spiritual strength to shoot through the enemy's heart, then you can easily knock the enemy down. Martial Art is spiritual and mental power, not just body action. Martial Art is developed and improved by virtue of years of training with earnest effort.

Let me relate to you a short story. A man who walked over the hill under the moon light, shot an arrow, and killed a large tiger. The next day, he looked at the dead tiger; it was a rock lying on the ground. When he tried to shoot more arrows into the rock, the arrows broke and wouldn't penetrate. The story demonstrates just how much your spiritual power can control everything that exists around you. The martial artist must first find tranquility of mind, and a respect for life and our world. An understanding of the concepts of love and fidelity can then follow. Through patience and effort our skills and the constructive areas of our personality are developed. As our skills become superior we become a model to others.

Hitherto, martial art was considered to be destructive of life, but through spiritual discipline, it evolved to embody the fundamentals supportive to life. Today health and vitality are established concepts of the martial arts.

## **Meaning Of The Test**

Tests are mile posts and tangible objectives. They show ability, and develop the will to achieve the objective. Striving to reach an objective requires patience and effort. To work without an objective is a waste of time and energy. When you advance to a higher rank, always give thanks to your Master and seniors. Finally, think back on the training and improvements you have made. Take this new belt with pride and remember the occasion.

# PROMOTIONAL EXAMINATION FORM (NIN SAHNG / 忍狀)

School No. \_\_\_\_\_

Name \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Date started _____/_____/20	Date of last exam _____/_____/20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Ahp Joomak Chireugi	압 주먹 짜르기	A. B. C.	Reverse Punch
Ahp Chagi	압 차기	A. B. C.	Front Snap Kick: 180 degrees
Hoobang Nakbop	후방 낙법	A. B. C.	Back breakfall 1 - 2
Battari Hoorigi	바다리 후리기	A. B. C.	Major Outer Reaping Throw: 1-2
Gongbong Chigi Seogi	곤봉 치기 서기	A. B. C.	Nunchaku: 1 - 5
Bong Sool Seogi	봉 솔 서기	A. B. C.	Bo staff: Basic Stance 1 - 4
Byulkal Dunjigi Seogi	별칼 던지기 서기	A. B. C.	Shuriken stances 1 - 4
Ill Bo Dae Ryun	일 보 대련	A. B. C.	1 Step Sparring: 1 - 2
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Paek Jul Bul Gul	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어	A. B. C.	Terminology
Ki-Hap	기 합 능력	A. B. C.	Yell
Jil Moon Ung Dab	질 문 응답	A. B. C.	Questions
Poom-Heang	品 行 벼 릇	A. B. C.	Discipline
Chul Suk Yool	출 석 율	A. B. C.	Attendance

1. Must have "B" or above to PASS.
2. Must have PRE-TEST PASS and Examination FEE \$\_\_\_\_\_ with one copy of this form before testing.
3. I personally would like to have a Ninja-Fu Simsa (Examination) for promotion, so here I signed:

X \_\_\_\_\_ / \_\_\_\_\_  
*Signature* \_\_\_\_\_ *Date* \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (JA SAHNG / 者狀)

School No. \_\_\_\_\_

Name \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Date started _____ / ____/ 20	Date of last exam _____ / ____/ 20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Meh Joomak Chireugi	매 주먹 치르기	A. B. C.	Hammerfist Strike
Hadan, Choongdan Makgi	하단, 중단 막기	A. B. C.	Low, Middle Section Blocking
Cheuk Bang Nakbop	측 방 낙법	A. B. C.	Side Breakfall 1 - 2
Hu Ri Chaegi	허리꺾치기	A. B. C.	Hip Throw: 1 - 2
Yeop Chagi	옆 차기	A. B. C.	Side Kick
Bong Sool Seogi	봉술 서기	A. B. C.	Bo staff Stances 1 - 9
Beetle Gi "Sonmok"	비틀 기 "손목"	A. B. C.	Wrist twisting 1 & 2
Ill Bo Dae Ryun	일 보 대련	A. B. C.	1 Step Sparring: 1 - 4
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: "In Gan"	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능력	A. B. C.	Yell
Jil Moon Ung Dab	질문 응답	A. B. C.	Questions
Poom-Heang	品行 벼룩	A. B. C.	Discipline
Chul Suk Yool	출석율	A. B. C.	Attendance

1. Must have "B" or above to PASS.
2. Must have PRE-TEST PASS and Examination FEE \$ \_\_\_\_\_ with one copy of this form before testing.
3. I personally would like to have a Ninja-Fu Simsa (Examination) for promotion, so here I signed:

X \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (FU SAHNG / 夫狀)

School No. \_\_\_\_\_

Name \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started _____/_____/20	Date of last exam _____/_____/20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Ahp Chagi"	격 파술 “압 차기”	A. B. C.	Breaking: Front Thrust Kick
Ssang Sonkal Makgi	쌍 손칼 막기	A. B. C.	Double Knifehand Block
Jeon Bang Hekeon Nakbop	전 방 희선 낙법	A. B. C.	Forward Roll and Leap 1 - 3
Balmok Batchigi	팔목 바치기	A. B. C.	Propping Ankle Throw
Gong bong Zhorugi/Gahki	곤봉 쪼루기	A. B. C.	Nunchaku Locking / Choking
Bong Sool Makgi	봉 술 막기	A. B. C.	Bo Staff Blocking 1-4
Ninja-Fu Gum Seogi	닌자푸 검 서기	A. B. C.	Ninja-Fu Sword Stances
Ill Bo Dae Ryun	일 보 대련	A. B. C.	1 Step Sparring: 1 – 2 (Knife)
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Sa Na Hee	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능력	A. B. C.	Yell
Jil Moon Ung Dab	질 문 응답	A. B. C.	Questions
Poom-Heang	品 行 벼 릇	A. B. C.	Discipline
Chul Suk Yool	출 석 율	A. B. C.	Attendance

1. Must have "B" or above to PASS.
2. Must have PRE-TEST PASS and Examination FEE \$\_\_\_\_\_ with one copy of this form before testing.
3. I personally would like to have a Ninja-Fu Simsa (Examination) for promotion, so here I signed:

X\_\_\_\_\_ / /  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (GREEN SASH/ 緑狀)

School No. \_\_\_\_\_

Name \_\_\_\_\_

Birth Date \_\_\_ / \_\_\_ / \_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Date started ___ / ___ /20	Date of last exam ___ / ___ /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Yeop Chagi"	격 파술 “엎 차기”	A. B. C.	Side Kick Break
Yidan Ahp Chagi	이단 압 차기	A. B. C.	Front Jump Kick
Ssang Chookyo Makgi	쌍 춤교 막기	A. B. C.	Double Rising Block
Moro Deegi	무루 띄기	A. B. C.	Floating Throw (Sacrifice)
Kasum & Eot Kae Nurugi	누루기 “가슴&어깨”	A. B. C.	Chest and Shoulder Hold
Sonmok Gahki	손목 꺽기	A. B. C.	Wrist Locking
Gum Sool Seogi	금 술 기본 서기	A. B. C.	Samurai Sword Stances
Ill Bo Dae Ryun	일 보 대련	A. B. C.	1 Step Sparring: 5 & 6
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Silla staff form	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능력	A. B. C.	Yell
Jil Moon Ung Dab	질 문 응답	A. B. C.	Questions
Poom-Heang	品 行 벼 릇	A. B. C.	Discipline
Chul Suk Yool	출 석 율	A. B. C.	Attendance

1. Must have "B" or above to PASS.
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3. I personally would like to have a Ninja-Fu Simsas (Examination) for promotion, so here I signed:

X \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
*Signature* \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (BEE HO SAHNG/飛虎狀)

School No. \_\_\_\_\_ Name \_\_\_\_\_ Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20 .	Date of last exam / /20 .	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Dwit Chagi"	격 파술 “뒤차기”	A. B. C.	Back Thrust Kick Break
Ahp Dollyo Chagi	압 돌여 차기	A. B. C.	Roundhouse Kick
Ssang Palmok Makgi	쌍 팔목 막기	A. B. C.	Double Forearm Block
Baedae Dwichigi	배대 뒤치기	A. B. C.	Stomach Throw
Menson & Anha Zhorugi	쪼루기	A. B. C.	Naked and Single Wing Chokes
Gum Sool: Gibon Kong Kyuk	검 술 기본 공격	A. B. C.	Samurai Sword: Five Point Attack
Jeon Bang Nakbop	전 반 낙법	A. B. C.	Forward Breakfall 1 & 2
Ill Bo Dae Ryun	일 보 대련	A. B. C.	1 Step Sparring: 7 & 8
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: "Ja Yu"	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능 력	A. B. C.	Yell
Jil Moon Ung Dab	질 문 응 답	A. B. C.	Questions
Poom-Heang	品 行 벼 릇	A. B. C.	Discipline
Chul Suk Yool	출 석 율	A. B. C.	Attendance

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X \_\_\_\_\_ / / \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (Docksah Sahng / 毒蛇狀)

School No. \_\_\_\_\_

Name \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Date started _____/_____/20	Date of last exam _____/_____/20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Ahp Joomak"	격 파술 압주먹	A. B. C.	Breaking: Forefist
Dwit Dollyo Chagi	뒤 돌여 차기	A. B. C.	Back Spinning Hook Kick
Pal Gahki	발 꺽기	A. B. C.	Arm Locking
Gong Bong Bon	곤봉 본	A. B. C.	Nunchaku Form "I'll Poom"
Mechigi "Hanpal Obo Chigi"	한팔 업어 치기	A. B. C.	One Arm Shoulder Throw
Byulkal Dunjigi	벨칼 던지기	A. B. C.	Shuriken Throwing
Galo Nurugi	가로누르기	A. B. C.	Side 4 Corner Hold
Ill Bo Dae Ryun	일보 대련	A. B. C.	1 Step Sparring: 9 & 10
Yok Sok Dae Ryun	약속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Bee-Ho	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능력	A. B. C.	Yell
Jil Moon Ung Dab	질문 응답	A. B. C.	Questions
Poom-Heang	品行 버릇	A. B. C.	Discipline
Chul Suk Yool	출석율	A. B. C.	Attendance

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X \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
*Signature* \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM ( Blue Sash / 青狀 )

School No. \_\_\_\_\_ Name \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20	Date of last exam / /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Sonkal"	격 파술 "손칼"	A. B. C.	Breaking: Knifehand
Yidan Yeop Chagi	이단 옆 차기	A. B. C.	Flying Side Kick
Kyoche Sonkal Makgi	교차 손칼 막기	A. B. C.	X-Knifehand Block
Zhorugi - "An A"	안아 조르기	A. B. C.	Sliding Lapel Choke
Mechigi "Eot Kaero Mechigi"	허리튀기	A. B. C.	Springing Hip Throw
Ho Shin Sool "Mok Zhorugi"	목 쪼루기	A. B. C.	Self Defense: Choking / Strangling
Gum Sool "Jeuk Gum"	검 술 "축검"	A. B. C.	Samurai Bamboo Sword Fighting
Ill Bo Dae Ryun	일 보 대련	A. B. C.	1 Step Sparring: 11 & 12
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Dock Sa	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능 력	A. B. C.	Yell
Jil Moon Ung Dab	질 문 응답	A. B. C.	Questions
Poom-Heang	品 行 벼 릇	A. B. C.	Discipline
Chul Suk Yool	출 석 율	A. B. C.	Attendance

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3. I personally would like to have a Ninja-Fu Simsia (Examination) for promotion, so here I signed:

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*Signature* \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (Hwa-Ryong Sahng / 火龍狀)

School No. \_\_\_\_\_ Name \_\_\_\_\_ Birth Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20	Date of last exam / /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Ahp Dollyo Chagi"	격 파술 "압 돌여 차기"	A. B. C.	Breaking: Roundhouse Kick - L & R
Yidan Dollyo Chagi	이단 돌여 차기	A. B. C.	Flying Roundhouse Kick
Santuel Makgi	산들 막기	A. B. C.	Mountain Block
Hoobang Hejeon Nakbop	후방 회전 낙법	A. B. C.	Backward Rolling
Ho Shin Sool "Huhri"	호 신 술 "허리"	A. B. C.	Self Defense Waist Hold 3 tech.
Mechigi "Bit Dengeo Chigi"	허떡기 빗 당겨 치기	A. B. C.	Body Drop Throw
Ninja-Fu Son Gum	닌자푸 손검	A. B. C.	Ninja-Fu Knife Throwing
Jin Gum Do-Sool	검 술 본	A. B. C.	Samurai Sword Bon 1
Nuroogi "Uees"	윗 누르기	A. B. C.	Top 4-Corner Hold
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능력	A. B. C.	Yell
Jil Moon Ung Dab	질 문 응답	A. B. C.	Questions
Poom-Heang	品 行 벼 릇	A. B. C.	Discipline
Chul Suk Yool	출 석 율	A. B. C.	Attendance

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3. I personally would like to have a Ninja-Fu Sims (Examination) for promotion, so here I signed:

X \_\_\_\_\_ / / \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (Red Sash / 赤狀)

School No. \_\_\_\_\_ Name \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20	Date of last exam / /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Yidan Ahp Chagi"	격 파술 "이단 암 차기"	A. B. C.	Breaking: Flying Front Kick
Yidan Dwit Chagi	이단 뒤 차기	A. B. C.	Flying Back Kick
Mechigi "Dog Ka Rae Chigi"	허치기 발뒤축걸기	A. B. C.	Minor Outer Break Throw
Nakbop "Kong Choong Hejeon"	"공 준 희전" 낙っぺ	A. B. C.	Falling Fly High Forward
Gakgi, Beetlegi, Dunjigi	꺽기, 피틀기, 던지기	A. B. C.	Locking, Twisting, and Flipping
Kawe Makgi	가위 막기	A. B. C.	Scissor Block
Kama Makgi	난 서기	A. B. C.	Kama Stances
Ill Bo Dae Ryun	일 보 대련	A. B. C.	1 Step Sparring: 3-4 Knife
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Chun-Hae	닌자푸 본	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Terminology
Ki-Hap	기 합 능력	A. B. C.	Yell
Jil Moon Ung Dab	질 문 응답	A. B. C.	Questions
Poom-Heang	品 行 벼 릇	A. B. C.	Discipline
Chul Suk Yool	출 석 율	A. B. C.	Attendance

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X \_\_\_\_\_ / / \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (Cho Dan-Black Belt/ 初段)

School No. \_\_\_\_\_ Name \_\_\_\_\_ Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20	Date of last exam / /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Yidan Dwit Chagi"	격파술 이단 뒤 차기	A. B. C.	Breaking: Flying Back Kick
Yidan Dwit Dollyo Chagi	이단 뒤 돌여 차기	A. B. C.	Flying Back Spinning Hook Kick
Mechigi "Kawe Jarugi"	가위 자르기	A. B. C.	Scissor Reaping Throw
Yong Sang Bop	영 산 법	A. B. C.	Shadow Fighting Punching And Blocking (Inside and Outside)
Taipoong Chagi	태풍 차기	A. B. C.	Tornado Kick
Gong Bong Bon "Yi Poom"	곤봉 본	A. B. C.	Nunchaku Bon 2
Jin Gum Do-Sool	진검술	A. B. C.	Samurai Sword Bon 2
Ill Bo Dae Ryun	일보대련	A. B. C.	1 Step Sparring: 1-4 Handgun
Yok Sok Dae Ryun	약속대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Hwa-Ryong	닌자푸 분 火龍	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	
Ki-Hap	기합능력	A. B. C.	
Jil Moon Ung Dab	질문응답	A. B. C.	
Poom-Heang	品行비록	A. B. C.	
Chul Suk Yool	출석율	A. B. C.	

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3. I personally would like to have a Ninja-Fu Sims (Examination) for promotion, so here I signed:

X \_\_\_\_\_ / / \_\_\_\_\_  
*Signature* \_\_\_\_\_ Date \_\_\_\_\_

## Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (Yi Dan - Black Belt / 二段)

School No. \_\_\_\_\_ Name \_\_\_\_\_ Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20	Date of last exam / /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Yidan Dwit Dollyo Chagi"	격파술 “이딘 뒤 돌여 차기”	A. B. C.	Breaking: Flying Back Spinning Hook Kick
Yidan Yeop Dollyo Chagi & Yidan Dwit Dollyo Chagi	이딘 옆돌여 차기 & 이딘 뒤통여 차기	A. B. C.	Flying Side Hook & Flying Back Spinning Hook Kick
Nuroogi "wigo chyeo"	위고쳐누르기	A. B. C.	Modified Top 4 corner hold
Mechigi & Gahki	허치기&꺽기	A. B. C.	Arm lock from Batari Hoorigi
Mechigi "dali dae"	다리대돌리기	A. B. C.	Major Wheel
Harai Kihon no Kama	はらいきほんおかま	A. B. C.	Kama form
Shadow Fighting - "Push Chest"	영 산 법 “가슴 밀 기”	A. B. C.	Push Chest
Zhorugi "Oesipja"	외십자 조르기	A. B. C.	Half cross lock
Vital Points	지 암 본	A. B. C.	Vital Points – Head (11)
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Ninja-Fu Bon: Tae Yang	닌자푸 본 太陽	A. B. C.	Ninja-Fu Form
Yong Uh	용 어-원 어	A. B. C.	Teaching Experience At least once per week.  Time in grade 24 months.
Ki-Hap	기 합 능 력	A. B. C.	
Jil Moon Ung Dab	질 문 응 답	A. B. C.	
Poom-Heang	品 行	A. B. C.	
Chul Suk Yool	출 석 율	A. B. C.	

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3. I personally would like to have a Ninja-Fu Simsia (Examination) for promotion, so here I signed:

X \_\_\_\_\_ / / \_\_\_\_\_  
*Signature* \_\_\_\_\_ Date \_\_\_\_\_

## Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## PROMOTIONAL EXAMINATION FORM (Sam Dan - Black Belt / 三段)

School No. \_\_\_\_\_ Name \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20	Date of last exam / /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool "Yidan Yeop Dollyo Chagi"	격파술 “이단 옆 돌 여차기”	A. B. C.	Breaking: Flying Side Hook Kick
Ssang Ahp Chagi	쌍압 차기	A. B. C.	Double Bounding Kick
Nuroogi "selo"	세로누르기	A. B. C.	Front 4 corner hold
Ho Shin Sool – "Gum"	호신술	A. B. C.	Self defense Sword
Mechigi "Eok kae lome chigi"	어깨로 떼치기	A. B. C.	Shoulder Wheel
Sai Soegi	서기	A. B. C.	Sai Stances
Zhorugi "yeok sipja "	역십자조르기	A. B. C.	Reverse lock (choke)
Shadow Fighting	영산법	A. B. C.	Rope/Belt Fighting
Vital Points	지압본	A. B. C.	Vital Points – Torso
Yok Sok Dae Ryun	약속대련	A. B. C.	Free Sparring
Ninja-Fu Bon	닌자푸 본 地 空		
Samurai Sword Bon	본	A. B. C.	Sword Bon "Sam Poom"
Yong Uh	용어-원어	A. B. C.	Teaching Experience At least once per week.  Time in grade 36 months.
Ki-Hap	기합능력	A. B. C.	
Jil Moon Ung Dab	질문응답	A. B. C.	
Poom-Heang	품행벼룩	A. B. C.	
Chul Suk Yool	출석율	A. B. C.	

1. Must have "B" or above to PASS.
2. Must have PRE-TEST PASS and Examination FEE  
\$ \_\_\_\_\_  
with one copy of this form before testing.
3. I personally would like to have a Ninja-Fu Simsas (Examination) for promotion, so here I signed:

X \_\_\_\_\_ / / \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

Examiner: \_\_\_\_\_

Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# PROMOTIONAL EXAMINATION FORM (Sa Dan - Black Belt / 四段)

School No. \_\_\_\_\_

Name \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date started / /20	Date of last exam / /20	No. of Exam	Your favorite technique:
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REQUIREMENT	KOREAN	GRADE	COMMENTS
Kyuk Pasool – Creation	창안 응용기술	A. B. C.	Creation
Creation Kick	창안 응용기술차기	A. B. C.	Creation Kick
Shadow Fighting	영 산 법	A. B. C.	Handshake Fighting
Nuroogi “gyo chyo”	고쳐 결누르기	A. B. C.	Reverse Chest hold
Ho Shin Sool - Creation	호 신 술	A. B. C.	Self defense: Creation
Ghaki “Mu leop de pal”	무릎 대 팔 꺾기	A. B. C.	Knee crush
Vital Points	지 압 본	A. B. C.	Vital Points – Full body
Sai Bon	본	A. B. C.	Sai Bon
Ill Bo Dae Ryun	일 보 대련	A. B. C.	One Step Sparring: Creation
Yok Sok Dae Ryun	약 속 대련	A. B. C.	Free Sparring
Bon: Creation	창안 응용기술	A. B. C.	16 Movements
Yong Uh	용 어-원 어	A. B. C.	Teaching Experience At least once per week.  Time in grade 48 months.
Ki-Hap	기 합 능력	A. B. C.	
Jil Moon Ung Dab	질 문 응답	A. B. C.	
Poom-Heang	品 行 벼 릇	A. B. C.	
Chul Suk Yool	출 석 율	A. B. C.	

1. Must have "B" or above to PASS.
2. Must have PRE-TEST PASS and Examination FEE \$ \_\_\_\_\_ with one copy of this form before testing.
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X \_\_\_\_\_ / / \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only:

Pre-Tested By: \_\_\_\_\_

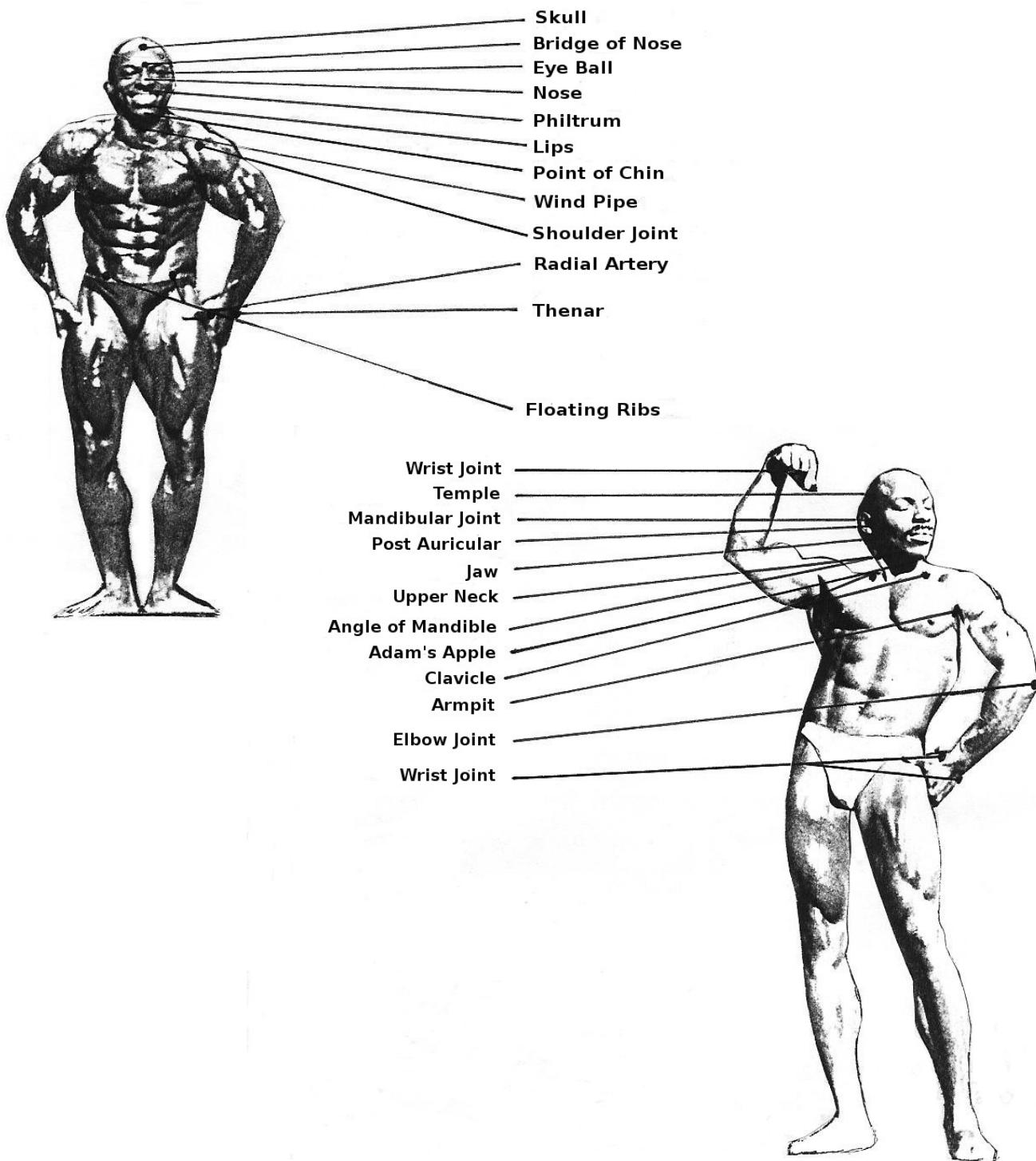
Examiner: \_\_\_\_\_

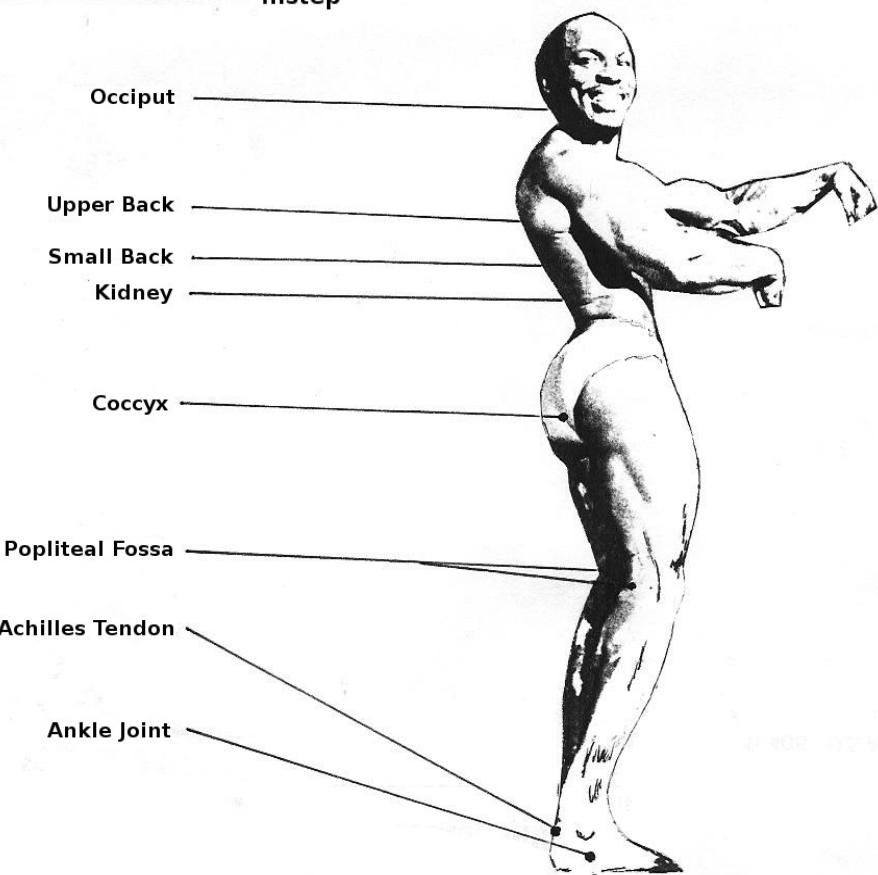
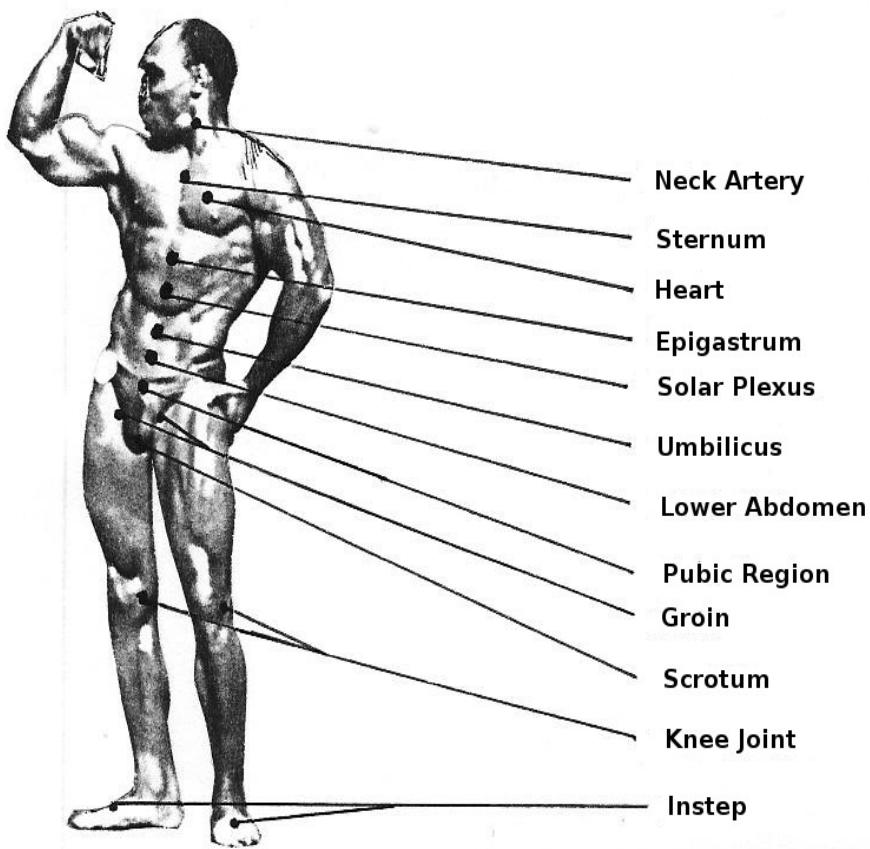
Result: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## Vital Points

In Ninja-Fu it is important for the student to have a basic knowledge of the human body and its vital spots. Vital spots are those points or areas on the human body that are more vulnerable and sensitive to attack. Therefore, all serious students of Ninja-Fu should familiarize themselves with the location and degree of vulnerability of each vital spot.





## **PLEDGE OF ACCEPTANCE IN NINJA-FU**

Photo  
2" x 2"

I am honored and proud to be accepted as a student of Ninja-Fu. I fully understand the tenets and codes of Ninja-Fu and pledge myself to secrecy, never to reveal the techniques and teachings without permission of Grand Master Soon-Ho Chang.

I hereby swear to live by the code of Ninja-Fu — “PAEK JUL BUL KUL - to never give up or surrender”

\_\_\_\_\_  
Recommended by \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ NINJA-FU ASSOC. NO. \_\_\_\_\_  
\_\_\_\_\_  
Witnessed by \_\_\_\_\_

# 美國忍者夫協會

U.S. NINJA-FU ASSOCIATION

證書

CERTIFICATE

ナム

NAME:

上記인은 忍者夫 教  
의 자격을 인정하여  
이에 증서를 증

This is to certify that the person above has satisfactorily completed required achievements and has been awarded Ninja-Fu th Dan degree.

西元一九九九年八月八日

Given day of

全 傳 嘉 銘

Soon-Ho Chang –  
Chairman/Founder

# 美國忍者夫協會



U.S. Ninja-Fu Association

Soon-Ho Chang – Grand Master  
President/Chairman