



## B U J I N K A N N I N J U T S U



## M A R T I A L A R T S

WELCOME TO OUR TRADITIONAL KOBUDO MARTIAL ARTS SCHOOL.

SUNSHINE COAST NINJAS OPERATES UNDER THE BANNER OF "SUNSHINE COAST NINJAS".  
TRADING AS... "BUJINKAN (BU-JIN-KAN) NINJUTSU SUNSHINE COAST.

OUR SCHOOL IS BASED ON THE TEACHINGS OF BUJINKAN. BUJINKAN DOJO IS A TRADITIONAL JAPANESE MARTIAL ART BASED IN NODA, JAPAN, AND HEADED BY DR MASAOKI HATSUMI. THE INSTRUCTOR OF THIS SCHOOL IS SHIHAN SHAYNE HARRIS, WITH 30 YEARS EXPERIENCE IN THE ART. THIS SCHOOL'S PRIMARY FOCUS IS ON SELF-DEFENCE AND ATTACK TEACHES A WIDE RANGE OF TECHNIQUES AND PRINCIPLES THAT ANYONE CAN USE. THE SCHOOL TEACHES ITS STUDENTS HOW TO DEAL WITH BOTH UNARMED AND ARMED ATTACKERS USING STRIKING, GRAPPLING, AND OTHER TRAINING TOOLS, ALSO TEACHES SAFE ROLLING AND BREAK FALLING TECHNIQUES.

BUJINKAN BUDŌ TAJJUTSU TRAINING DOES NOT INCLUDE PARTICIPATION IN COMPETITIONS OR CONTESTS, AS THE SCHOOL'S TRAINING AIMS TO DEVELOP THE ABILITY TO PROTECT ONESELF AND OTHERS USING NATURAL FLOWING MOVEMENTS IN TECHNIQUES THAT FOCUS ON DISABLING AN ATTACKER (&/OR REMOVING THEIR DESIRE/ABILITY TO CONTINUE) AS EFFICIENTLY AS POSSIBLE.

THIS TRAINING IS CONDUCTED IN A MANNER IN WHICH THERE ARE PREDEFINED "ATTACKERS" (*TORI*) AND "RECEIVERS" (*UKE*) SIMILAR TO DRILLS IN JUDO (GOKYO) OR TRADITIONAL JAPANESE MARTIAL ARTS. HOWEVER, THE BUJINKAN DIFFERS FROM MANY TRADITIONAL MARTIAL ARTS IN THAT THE TRAINING PROGRESSES THROUGH THE FOLLOWING STAGES.

- PREDEFINED SETS OF MOVEMENTS (KATA) AND PHYSICAL CONDITIONING
- VARIATIONS TO THE FIXED DRILLS (HENKA), RESPONDING TO CHANGES IN THE ATTACKER'S MOVEMENTS OR SITUATION
- FREE FORM TRAINING (RANDORI) CONSISTING MOSTLY OF SPUR-OF-THE-MOMENT, DYNAMIC TECHNIQUES DURING WHICH THE DEFENDER HITS, LOCKS, CHOKES OR THROWS THE ATTACKER IN A CONTROLLED AND SAFE MANNER

TO BE A SUCCESSFUL PRACTITIONER OF THIS ART FORM, STUDENTS MUST SHOW THAT THEY ARE ABLE TO PARTICIPATE SAFELY, DEMONSTRATE SELF CONTROL AND SHOW COMMITMENT THROUGH REGULAR ATTENDANCE. FOR THIS REASON, ALL STUDENTS BEGIN ON A 3 MONTH TRIAL BASIS. SIMPLY PAYING FOR THIS MEMBERSHIP AND ALL MEMBERS WHO ARE ACCEPTED TO CONTINUE WILL BE REQUIRED TO ABIDE BY THE CODE OF CONDUCT. PAYMENT OF FEES DOES NOT GIVE A MEMBER AUTOMATIC RIGHT TO ATTEND CLASSES.

### DOJO AND TRAINING SAFETY

N.B. ALL STUDENTS TO ABIDE BY CODE OF CONDUCT AND WORK ONLY WITHIN THEIR SCOPE OF PRACTICE ANYONE WITH CRIMINAL RECORDS OR SERIOUS MENTAL ILLNESS IS NOT PERMITTED TO TRAIN. THANK YOU.

**SAFETY IN THE DOJO IS EVERYONE'S RESPONSIBILITY.**

BE AWARE OF WHAT IS GOING ON AROUND YOU AT ALL TIMES USE RESPECTFUL LANGUAGE.

MAKE SURE YOU UNDERSTAND THE ACTIVITY BEFORE COMMENCING TO PRACTICE IT. IF YOU ARE NOT SURE, ASK.

ALL ACTIVITIES ARE OPTIONAL. YOU MUST JUDGE AS TO WHETHER OR NOT YOU WISH TO ATTEMPT ANYTHING BASED ON THE UNDERSTANDING OF YOUR OWN BODY, CONFIDENCE AND EXPERIENCE.

UNLESS TOLD OTHERWISE ALL TECHNIQUE TRAINING BETWEEN PARTNERS SHOULD BE PERFORMED AT NO MORE THAN 50% INTENSITY. HIGHER INTENSITY TRAINING IS ONLY TO BE PERFORMED UNDER THE DIRECT SUPERVISION OF THE INSTRUCTOR.

SPARING AND/OR WRESTLING WILL ONLY TAKE PLACE UNDER THE SUPERVISION OF THE INSTRUCTOR AT A STATED TIME. AVOID GETTING INTO AN EGO CONTEST OR "ARMS RACE" WITH YOUR PARTNER.

IF YOU ARE INJURED IN TRAINING PLEASE LET SOMEONE KNOW AND SIT OUT THE REST OF THE SESSION OR YOU FEEL MAY BE INJURED FURTHER BY TRAINING, DON'T PARTICIPATE.

IF YOU HAVE AN ILLNESS OR INJURY THAT MAY AFFECT TRAINING, SEEK MEDICAL ADVICE. A DOCTOR'S CERTIFICATE MAY BE REQUIRED IN SOME CASES TO CONTINUE TRAINING AT THE DOJO.

IF YOU HAVE AN INJURY IT IS YOUR RESPONSIBILITY TO TELL YOUR TRAINING PARTNERS EACH TIME YOU TRAIN WITH THEM. IT IS ALSO RECOMMENDED THAT YOU MARK THE INJURY WITH TAPE ON YOUR UNIFORM

KEEP FINGER AND TOENAILS CLIPPED SHORT AND REMOVE ANY JEWELLERY.

IF A PIECE OF JEWELLERY CANNOT BE REMOVED IT IS RECOMMENDED TO TAPE OVER IT.

IF YOU HAVE ILLNESS (EG COLD OR FLU) PLEASE DO NOT COME TO TRAINING.

CHECK THE CONDITION OF ANY TRAINING EQUIPMENT YOU ARE USING EACH TIME AND THE AREA IN WHICH YOU ARE TRAINING FOR POTENTIAL HAZARDS.

PLEASE HELP BEFORE AND AFTER CLASS CLEANING, SETTING UP / PUTTING AWAY EQUIPMENT ONLY USE CORRECT CHANGE ROOMS AND TOILETS TO RESPECT ALL PRACTITIONERS.

MEMBERSHIP WITH JAPAN HOMBU: IT IS NECESSARY TO BE ACCEPTED AS A MEMBER OF BUJINKAN NINJUTSU SUNSHINE COAST TRADING AS SUNSHINE COAST NINJAS WITHIN THE FIRST MONTH OF TRAINING.

MEMBERSHIP FEES ARE PAID ANNUALLY ON THE ANNIVERSARY OF ATTENDANCE AT THE FIRST PAID CLASS. PAYING MEMBERSHIP FEES ENTITLES STUDENTS TO SUBSCRIBE TO FINANCIAL BENEFITS OF PAYING CASUAL, MONTHLY OR YEARLY. \$50 ADULTS AND \$35 TEENS.

**N.B. THERE IS.. "NO TRAINING" ON PUBLIC HOLIDAYS OR MID-YEAR BREAKS DEPENDING ON NUMBERS!**

**IMPORTANT:** PAYING MEMBERSHIP FEES ENTITLES STUDENTS TO SUBSCRIBE TO THE FINANCIAL BENEFITS OF PAYING MONTHLY OR YEARLY.

CONDITIONS APPLY\* ALL FEES ARE NON-REFUNDABLE OR TRANSFERABLE. THANK YOU.

## **YEARLY MEMBERSHIP FEES** ALSO INCLUDES PUBLIC LIABILITY INSURANCE:

YEARLY FEES CAN BE PAID IN TWO PAYMENTS OVER THE FIRST MONTHS IF REQUIRED.

**WORKING ADULT 18 YEARS AND ABOVE ....\$750**

**UNIVERSITY ADULT STUDENTS/CONCESSION ....\$600**

**12 TO 17 YEAR OLDS ....\$400**

## **MONTHLY LESSON FEES FOR TEENS AND ADULTS..**

- WORKING ADULTS \$95 PER MONTH
- UNI-STUDENTS AND/OR TEENS 16 TO 17 YEARS OLD \$80 PER MONTH
- TEENS 12 TO 15 YEARS ARE \$50 PER MONTH
- MONTHLY FAMILY RATES \$50 EACH TEEN AND \$70 PER ADULT MEMBER MUST PAY AT SAME TIME PLEASE.

FEES ARE DUE ON THE FIRST WEEK OF EACH MONTH. THANK YOU.

CASUAL LESSON FEES PLUS A YEARLY JOINING FEE \$ APPLIES AFTER A FEW WEEKS TRIAL PERIOD ONCE ACCEPTED INTO THE SCHOOL. ADULTS \$20 PER CLASS.

## GRADING (ISSUED FROM JAPAN)

FEES FOR GRADING COVER THE COST OF BEING ASSESSED FOR GRADING AND THE APPLICATION TO JAPAN FOR THE OFFICIAL DOCUMENTATION.

TEENS \$65 ..

ADULTS \$85 ..

TOOLS AND TRAINING EQUIPMENT MUST BE ORDERED WITHIN THE FIRST MONTH OF THE START OF TRAINING.

REQUIREMENTS: ASK FOR WHAT IS REQUIRED AND WE CAN ASSIST FROM OUR YEARS OF EXPERIENCE!

OTHER EXPECTATIONS: GEES MUST BE BOUGHT WITHIN ONE MONTH OF STARTING TRAINING. GEES CAN BE PURCHASED FROM: KUNDA PARK TOE TO TOE MARTIAL ARTS SUPPLIES: PHONE: 0412 446 558. 8 NORVEL COURT (NEAREST CROSS STREET MAUD STREET).

[WWW.TOZANDOSHOP.COM/BOKKEN-S](http://WWW.TOZANDOSHOP.COM/BOKKEN-S)

[HTTPS://WWW.JAPAN-ZONE.COM/STORE/INDOOR-TABI-C-3\\_36.HTML](https://WWW.JAPAN-ZONE.COM/STORE/INDOOR-TABI-C-3_36.HTML)



BUJINKAN NINJUTSU  
SUNSHINE COAST WARRIORS  
MARTIAL ARTS



SHIHAN SHAYNE HARRIS HEAD INSTRUCTOR OF "BUJINKAN NINJUTSU SUNSHINE COAST"  
"SUNSHINE COAST NINJAS"

TRADING AS BUJINKAN NINJUTSU SUNSHINE COAST;-

HEAD INSTRUCTOR SHIHAN 10<sup>TH</sup> DEGREE SENSEI SHAYNE HARRIS M. 0407 002 567 SHIDOSHI KAI  
REGISTERED CERTIFICATE 3 SPORTS COACH AUSTRALIAN SPORTS COMMISSION. CERT IV TAE.  
DIPLOMAS OF REMEDIAL MASSAGE AND REFLEXOLOGY.

NIDAN 2<sup>ND</sup> DEGREE BLACK BELT SENSEI ANTHONY BIDDLECOMBE. BOTH HAVE CURRENT HLT AID001  
PROVIDE CPR AND HLT AID003 PROVIDE FIRST AID.

LICENSED SENSEI'S WITH GRAND MASTER DR MASAOKI HATSUMI SOKE OF JAPAN..

B U J I N K A N N I N J U T S U

Sunshine coast ninjaS

M A R T I A L A R T S

# **SUNSHINE COAST NINJAS**

## **Running Classes in Glenview**

**Authentic Kobudo Ninja training as a whole family**

**Have fun, build confidence, develop resilience, improve co-ordination & relaxed flow for inner well-being, develop internal core stability for self Respect!**

Sunshine Coast Ninjas will be running new classes at Glenview State School Hall again during 2017 to Glenview to cater for its growing body of students coming from west of the highway.

**Men, Women, Teens welcome**

Enjoy the living budo arts of grappling techniques, throwing, soft sword work and whole body movement. Learn the skills of the Samurai-Ninjas of ancient Japan under the licensed guidance of Sensei Shayne Harris (10th Dan Shihan) and Sensei Antony Biddlecomb.

### **Bookings Essential**

Ring Sensei Shayne Harris on 0407 002 567. Classes run on Tuesdays and Thursdays evenings at Glenview State School Hall. Sign in at 6:45 pm to 8:15pm..

Sunday Mornings in Nature.

Bring your water bottles and wear comfortable clothing and socks or indoor tabi in the Dojo and outdoor tabi for Nature Training.

**[www.sunshinecoastninjas.com.au](http://www.sunshinecoastninjas.com.au)**

