

# 忍法概論

## NINPO GAIRON

Basic principles of Ninpo

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NINPO GAIRON Basic principles of Ninpo · Alex Esteve

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Centro de Estudios  
Japoneses, Orientales  
y Artes Marciales

foreword by Masaaki Hatsumi

Alex Esteve

In his new work, Ninpo Gairon, Alex Esteve Daishihan offers a fascinating view into the history and culture of the Bujinkan Dojo martial arts and the life work of its headmaster, Masaaki Hatsumi Soke. By looking at the traditions and practices of the nine schools of the Bujinkan Dojo, this book gives the reader some insight into how traditional Japanese martial arts are transmitted, how the ninpo arts differ from conventional schools of military technique and how the wisdom of previous generations has been passed down to the present day.

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CHAPTER 1

身を忍び

MI WO  
SHINOBI



Practitioners of Bujinkan study a wide curriculum encompassing key elements that make up the whole of Japanese martial arts throughout its history:

兵法: *Heiho*, art of war and military strategy.

武芸: *Bugei*, martial arts.

古武術: *Kobujutsu*, ancient martial or combat techniques.

忍び入・忍術・忍法: *Shinobi iri, Ninjutsu & Ninpo*, the arts of stealth, survival and perseverance of the ninja.

武道: *Budo*, modern martial arts, those created since the beginning of the Meiji era (from 1868). These are also sometimes known as gendai budo.

Soke Masaaki Hatsumi has dedicated his whole life to the study and practice of the martial arts and has always focused his teachings towards the protection and personal development of people. Through the blend of martial traditions inherited by soke Masaaki Hatsumi, nowadays

his teachings contribute to the contemporary practical application of martial philosophy.

One of the principle martial arts studied in Bujinkan is ninjutsu, which is learned through the famous Togakure ryu tradition, an art which emerged in the province of Iga during the Oho period (応保: 1161-1163). Dr. Masaaki Hatsumi is the 34th soke of the Togakure tradition, a title he received from the previous 33rd soke, grandmaster Toshitsugu Takamatsu, in March of the 33rd year of the Showa era (1958).

Since 1996 the whole collection of schools that make up Bujinkan has been grouped together under the generic name of *Budo Taijutsu* (武道體術). The budo taijutsu concept, as explained by Soke Masaaki Hatsumi himself;

“ is not exclusively Japanese, the essence of combat is connected with its ancient form; Bufu Taijutsu (武風体術). This emerged gradually at the same time as humanity evolved, as a means of defense, developing intuitively in order to preserve human life. It is the rhythm of the natural struggle for survival; the lessons learned from the souls of those who died, and the handing down of knowledge of those who survived.”



Currently, Soke Masaaki Hatsumi teaches three classes weekly in the Bujinden, the central headquarters dojo of the Bujinkan, located in the city of Noda, near Atago train station.

The Bujinkan has instructors and practitioners in all continents, many of whom travel regularly to Japan to train directly with Soke Hatsumi and the different shihan (high-grade teachers) of the Bujinkan, who also teach at the Bujinden hombu dojo or in their own dojo.



# DOJO 道場

## THE PLACE OF 'THE WAY'

Dojo (道場) is the Japanese word used to describe the place where different traditional disciplines are practiced and studied, such as dance, meditation, floral arrangement, tea ceremony, calligraphy and martial arts amongst others. Etymologically speaking, the term dojo is composed of two ideograms with the following meanings:

**Do (道):** path, way, method, mode, reason, moral, teachings.

Its radical is suberasu (止) meaning to slip or a slip. It is divided into 4 parts:

Awaseru (并): join.

Onozukara (自): oneself or itself.

Kubi (首): neck, beginning.

Komi (込): include, fill, insert.

Thus, we could interpret the Japanese concept of Do (道) as an intelligence, and perception in continuous movement. Another interpretation is that it is a true way, or philosophy of life. A path to becoming a complete human being.

**Jo (場):** place, moment, situation, location.





進歩







From 1972 to the present day, soke Masaaki Hatsumi is the past, present and future of authentic ninjutsu. And 21st century ninjutsu is used not only in Japan, but all over the world, fulfilling one of the wishes of the 33rd soke of Togakure ryu Ninjutsu, Toshitsugu Takamatsu:

“ Ninjutsu is what we need to make the world a better place. ”





CHAPTER 2

心を忍び

KOKORO WO  
SHINOBI

# BUDO HIDEN GOKUI: THE SECRET TEACHINGS OF THE ESSENCE OF THE MARTIAL ARTS

**"A pure heart is the  
training hall  
(Magokoro kore dojo)".  
Kon Toko (1898-1977).**

It is the magokoro, or sincere heart, that allows transcending good and evil, life and death, victory and defeat, good fortune and bad fortune, this wise concept refers to budo gokui.

Takamatsu sensei transmitted to Hatsumi sensei many gokui and used to say to him:



“ The gokui resides in the depths of your heart. ”





CHAPTER 3

識を忍ぶ

SHIKI WO  
SHINOBU



# PUBLISHED HISTORY OF NINJUTSU

## 忍術文献解題

### Bibliographical references of ancient Ninjutsu literature

Since its inception, ninjutsu schools have been based on the *isshi soden* (一子相伝), a method by which a teacher transmits the secrets of the school directly and exclusively to a single student. This internal and personal method of transmission includes:

**Kuden** (口伝): oral transmission, direct explanations from the teacher, his concepts, tenets, experiences, history, philosophy, etc.

**Taiden** (体伝): physical teachings through direct practice with the teacher, creating muscle memory and internalizing the teacher's technique by the student.

**Shinden** (心伝): spiritual transmission, from heart to heart. Also called divine transmission, through everything experienced with the master, discovering the essence of the teachings through the memory of the words, movements, techniques and the moments spent with the master.

It is obvious that due to the very nature of the art of ninjutsu, the true ninja did not leave secret principles in writing. When the ninja did record information, the texts were written in code so that they could only be understood by those who had received the authentic *isshi soden* from the school.







## Ninja hachimon (忍者八門)

The eight learning branches of the ninja.

1. **Ninja no kiai** (忍者の気合): the spirit of ninja combat through techniques of harmonization of breathing, energy and projection of intention in real combat situations.
2. **Koppo taijutsu** (骨法体術): hand-to-hand combat techniques based on an understanding of the physical laws of human bone structure, along with the use of bodily tricks and skills for combat.
3. **Ninpo no ken** (忍法の剣): sword fighting techniques in ninpo.
4. **Yari** (鎗): spear techniques.
5. **Shuriken** (手裏剣): throwing weapons, stones and other objects.
6. **Kajutsu** (火術): techniques of using fire in combat.
7. **Yugei** (遊芸): cultural and artistic activities, including traditional arts and general knowledge.
8. **Kyomon no yakado** (教門の八門): religious studies. The eight branches of Kyomon religious theory.





伊賀平内兵衛保清 (一〇九七年永長年間)

EICHO PERIOD (1097)

IGA HEINAIBE YASUKIYO

Because he supported Minamoto no Yoritomo (1147-1197), Iga Heinaibe Yasukiyo was rewarded with permission to build a castle in Iga Hattori province (伊賀服部). There he received the teachings of Gamon Doshi and founded the Iga ryu ninpo school. Before the attack on Iga province by the troops of Oda Nobunaga (battles of Iga, 1579-1581), the genealogy of Iga ryu Ninpo was as follows:

1. Gamon Doshi
2. Garyu Doshi
3. Unryu Doshi
4. Tozawa Hakuunsai
5. Yasukiyo
6. Ise Saburo Yoshimori
7. Togakure Daisuke
8. Kasumigakure Genryu
9. Tozawa Seiun
10. Tozawa Genmonsai
11. Kakuun
12. Kyuryuzu Hakuun
13. Tozawa Ryutaro
14. Momochi Sandayu
15. Heinaisaemon Ienaga
16. Kamihattori Heitaro
17. Nakahattori Heijiro Yasuyori
18. Shimohattori Heijuro Yasunori



Hattori Hanzo was the descendant of the Kamihattori family.

Later, the 45 ninja families of the province of Iga were divided into several historical lines: Tozawa, Fujiwara, Minamoto, Taira, Momochi, Hattori, Izumo, Ookuni, Tsutsumi, Arima, Hata, Mizuhara, Shima, Togakure, Ise, Sakagami, Narita, Oda, Mori, Abe, Ueno, Ootsuka, Ibuki, Kaneko, Kotani, Shindo, Iida, Kataoka, Kanbe, Sawada, Kimata, Toyota, Toda, Suzuki,



northern and southern courts, 1336-1392) went to live in the province and thus trained the 53 families of Koga (甲賀五十三家; Koga Gojusanke).

During the Hotoku era (1449-1451), the successors of the above families were Koga Saburo, Mochizuki Goro, Ugai Ryuhoshi, Naiki Fujibe and Akutagawa Kazuma.

During the Bunmei era (1469-1486), the second generation, with Koga Saburo, Mochizuki Yjiro, Ugai Chiaki, Naiki Gohei and Akutagawa Tenpei, were victorious over the Sasaki family by attacking the army of the shogun Ashikaga Yoshihisa at the battle of Magari no Jin (1487).

Many warriors (those who escaped the battles between the northern and southern courts) sought refuge in Koga, where they trained the 53 families of the Koga ryu Ninjutsu.

The following surnames are grouped under the name 'Eight Tengu of Koga' (甲賀の八天狗): Koga, Mochizuki, Ugai, Naiki, Akutagawa, Ueno, Ban and Nagano. They were joined by groups of hermits called Hiriyugumi and Hakuryugumi, who stood out in ninjutsu and genjutsu.



# 世界に根を張る初見武術 Real World Real Ninja

## CONTEMPORARY APPLICATIONS OF BUDO AND NINPO PHILOSOPHY, CONCEPTS AND TECHNIQUES

Over the last few decades, the philosophy and the concepts of Soke Masaaki Hatsumi's Budo and Ninpo have been applied to different groups. Some example of real applications have been in training programs for the military, police, private security personnel, physical restraint for psychiatric and mental health personnel, self-defence for children, conflict resolution for business people etc.





FEDERAL BUREAU OF INVESTIGATION (FBI)



During the 80s Soke Masaaki Hatsumi visited the central FBI academy in Quantico, Virginia giving different presentations on the application of martial arts focused on arrest and control techniques. In 2005, on Soke Hatsumi's birthday, Dai Shihan Par Ford and Chad Basile (Supervisory Special Agent of the FBI training unit in the Los Angeles office), awarded him a certificate of appreciation from the FBI, for his exceptional contribution to services for the public interest over the last 30 years.

Since 2005, Dai Shihan Alex Esteve has been officially admitted to a number of FBI schools, and accredited as an instructor and an expert in different areas of specialization. With this experience, and in collaboration with Soke Masaaki Hatsumi, Par Ford and Chad Basile the creation of European university-accredited training programs in security and forensic sciences were made possible.





# BUDO AND NINPO IN THE ACADEMIC WORLD

## EUROPE, AMERICA AND ASIA

In recent years, various training activities focusing on history, philosophy and techniques taken from Budo and Ninpo arts of the Bujinkan, have started to be offered in universities around the world.

Thanks to the work of Soke Masaaki Hatsumi along with some of the Bujinkan Dojo's highest-graded students, academic lectures, seminars, courses and new degrees which are officially recognized by different universities, have become available.



## EUROPE

**Bujinkan Kiryu Dojo (Daishihan Alex Esteve)  
University of Girona, Spain. University expert Diplomas,  
Postgraduate and Master's degree in classical and modern  
martial arts**

The University of Girona (UdG) has been teaching different university specialization courses (USCs) in Japanese studies since 2017, including expert courses in classical and modern martial arts from the Bujinkan Dojo.

Some of these courses are open to any student interested in oriental culture and others are exclusively for students who are members of the Bujinkan Dojo. For these courses, in order to be able to officially enroll for a university degree, students need to present a copy of the original Japanese Shidoshi-ho or Shidoshi certificate issued directly by the Japanese Bujinkan hombu dojo.

Having met this essential requirement, students can enroll in the university to take the different specialization courses, officially composed of 200 teaching hours and 8 ECTS (European Credit Transfer System; recognized in more than 46 countries of the European Higher Education Area).

Once these courses are completed and the associated exams are passed, students can obtain a university certificate using ECTS credits. The sum of different specialization courses allows students to complete a Postgraduate Diploma or Master's Degree.



**Bujinkan Namiryu Dojo (Daishihan Alex Meehan)  
Ireland, Seminars and lectures on Bujinkan at Trinity College  
Dublin**

Daishihan Alex Meehan has given multiple lectures and talks on the history of Japanese martial arts, Bujinkan Dojo and on the arms and armor of the Samurai and Ninja. These lectures have taken place at Trinity College Dublin at the invitation of the Centre for Asian Studies and at the Chester Beatty Library in Dublin, home to some of the finest collections of Asian and Middle Eastern books and artifacts in Europe.



**ASIA**

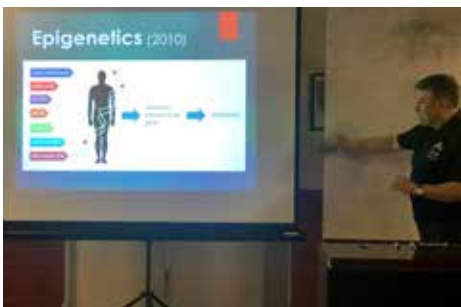
**Bujinkan India Dojo (Daishihan Shiva Shubramanian)  
Concepts and techniques applied to High Performance Sports  
and Health science**

Daishihan Shiva Shubramanian and the different Bujinkan Bangalore Dojo instructors have developed specific High Performance Sports projects and programs for more than 400 athletes. At the same time, thanks to the contemporary application of the concepts of Soke Masaaki Hatsumi’s ninpo, a series of technical and scientific areas have been developed into the design of advanced academic programs in universities in India and Europe .

Thanks to the modern application of Bujinkan budo and ninpo, Daishihan Shiva Shubramanian and his excellent team have developed a host of cutting-edge integrated business areas all related to protection and safety of people.

Two of the 250 hour university specialization programs (composed of 10 ECTS) that have been implemented in Bangalore in 2019:





1. Sports Science and Epigenetics Nutrition applied through a cellular foundation framework in High Performance practice.
2. International Trainer in the Prevention and Management of Violence in Healthcare (SIGVAS Platform and System).

All this excellent work which spans more than a decade has led to the signing of a new agreement with the University of Ramaiah, in the city of Bangalore, for the development of future programs in Sports and Health Sciences, Forensic Sciences and Security Sciences.



## AMERICA

**Bujinkan California Dojo (Daishihan Chad Basile)  
Moorpark College, Criminal Justice, Bujinkan  
Practical Self Defense**

In the early 1980s soke Hatsumi presented an advanced seminar/demonstration, including martial arts inspired arrest and control techniques at the FBI Academy located in Quantico, Virginia. As a result, Defensive Tactics Instructor Special Agents of the FBI Defense Tactics Unit (later known as the Defensive Systems Unit) adapted many of the concepts and techniques for use in the FBI Special Agent training program.

Chad was first exposed to the utility of Hatsumi soke's art, while training as a Special Agent at the FBI Academy. The training stressed control of uncooperative persons, without the infliction of unnecessary pain or injury typically associated with other systems. Later, Chad acquired the broader FBI training and certifications necessary to receive the FBI Master Police Instructor certification. Over twenty years, he has certified more than four thousand police and military instructors, relying in large part upon the principles transmitted to him by his mentor, soke Hatsumi.

Due to the fact that in the United States health care professionals encounter more violence in their careers than law enforcement officers, Chad also developed a training course curriculum focused on patient





control and self-protection for health care professionals and mental health care providers at institutions such as Cedars Sinai Hospital, located in Los Angeles.

Chad retired from the FBI, and began teaching as a full time professor at Moorpark College in California. In 2009, with Hatsumi Soke's guidance and authority, he developed a practical self-defense course curriculum based upon Bujinkan practice and philosophy tailored to students pursuing careers in law enforcement, nursing, fire, paramedic and other related first-responder occupations. This course is now in its 17th consecutive semester and has influenced nearly a generation of first-responder professionals. This became the first university level, full credit, Bujinkan based course in the world.

Moorpark College currently offers Criminal Justice Course 09A - Bujinkan - Practical Self - Defense and Course 09B - Bujinkan - Intermediate Practical Self-defense (for a total of four units of California State University and University of California full transfer credit units). The eighteen week, 72 hour course is comprised of 18 hours of lecture and



54 hours of skill building laboratory practice. More than 1000 students have successfully completed the course.

### Course description:

This course presents the art, history, philosophy and practice of the Bujinkan system and its application to the personal safety and survival of modern career professionals working in the fields of criminal justice, healthcare, mental health and related emergency and first-responder services. The non-competitive Bujinkan system develops dominating power in the practitioner without relying on muscle strength, instead using balance, biomechanics, timing, gravity and acceleration of the human body. The practice of Bujinkan includes healthful exercise and development of the human mind, body and spirit, through simple movement and flexibility training. Students learn practical self-defense survival principals and techniques stressing non-violent, safe control of physical and mental conflict situations.

Bujinkan is a martial arts system developed by physician, Dr. Masaaki Hatsumi of Tokyo, Japan. It is the legacy of the oldest continuously taught martial arts system in Japan. It is a modern adaptation of nine ancient Japanese martial arts schools spanning more than one thousand continuous years of practice and study.

The university program is delivered by Daishihan Chad Basile, Department Chair and Professor of Criminal Justice, Moorpark College, FBI Supervisory Special Agent, retired, and Attorney at Law, with the collaboration of a group of high-grade instructors Daishihan Par Ford, Leeann Mulville, Steve Johnson, Steve Thuillier, George Kevanian, Shihan Gerardo Herrera, Mark Hershberg and Shidoshi Dossain Valencia, Eduardo Salas and Cassie Holmes.





“

**... only a sincere and authentic relationship  
between student and teacher will transcend  
future generations.**

”

