

## **GUIDELINES FOR THE NISEIDO® NOTEBOOK**

***All students must maintain an up-to-date notebook. It will be maintained in the following manner: There will be no exceptions.***

1. There will be no loose pages, use either a loose leaf or regular bound notebook. (**A THREE RING LOOSE LEAF BINDER IS BEST**)
2. All notes must be written in ink. (blue or black)
3. On the first page should be clearly written, your name, the date you started Niseido Ju Jitsu training and the names and ranks of your instructors.
4. Each book must contain the Niseido history and all other handouts. There is a three-hole paper punch for you convenience.
5. On the last page should be written the numbers 1- 105. Each number should be on the extreme left of the page, one number per line. As you learn the new techniques you should write that technique next to the appropriate number, this allows you or your Sensei to see at a glance what techniques you have already been taught.
6. It is your responsibility to keep your notebook current and neat.  
**IT MUST BE PRESENTED PRIOR TO TAKING ANY TEST FOR ADVANCEMENT.**
7. You must bring your notebook each time you visit any Niseido Dojo. Any Sensei has the right to inspect your notebook and comment on it at any time.

# **NISEIDO® JU JITSU**

Internet Web Site Address: [www.niseido.org](http://www.niseido.org)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

*Please Print Clearly*

Date Started Niseido Ju Jitsu Training: \_\_\_\_\_

## Promotion Dates

Gokyu - Yellow Belt: \_\_\_\_\_

Yonkyu - Green Belt: \_\_\_\_\_

Sankyu - Purple Belt: \_\_\_\_\_

Nikyu - Brown Belt: \_\_\_\_\_

Ikyu - Brown Belt: \_\_\_\_\_

Black Belt Candidate: \_\_\_\_\_

1<sup>st</sup> Degree Black Belt: \_\_\_\_\_

2<sup>nd</sup> Degree Black Belt: \_\_\_\_\_

3<sup>rd</sup> Degree Black Belt: \_\_\_\_\_

# NISEIDO® JU JITSU

*"A DEFENSIVE MARTIAL ART, A WAY OF LIFE"*

In 1974, **Professor Florendo M. Visitacion (Prof. Vee) 10th Dan, The Venerable Supreme Grand Master and Founder of Vee Jitsu Ryu Ju Jitsu** had given permission and blessings to his student and disciple of many years, Master Rick Riccardi, to organize and formulate his own self defense system and organization. Armed with only a handful of students from Bay Ridge Dojo and a good friend and attorney, Arthur Barnett, Esq., ***NISEI GOSHINJUTSU*** and ***THE NISEI GOSHINJUTSU ASSOCIATION*** came into existence.

In translation, *NISEI* (knee-say) means "Second Generation." *GOSHINJUTSU* means "self defense." In December of 1985, when Prof. Riccardi was elevated to 10th Degree Black Belt by Grand Master Vee, NISEI GOSHINJUTSU was shortened and changed to ***NISEIDO JU JITSU***, (knee-say-doe) meaning "Second Generation Way" of Ju Jitsu.

Unlike other styles of martial arts, *Niseido Ju Jitsu* continually strives to live up to the seven principles of **THE CODE OF BUSHIDO**, "the way of the warrior." The Code of Bushido teaches ***Humility, Truthfulness, Bravery, Benevolence, Compassion, Sincerity, Loyalty and Devotion*** to God, our families, friends, country as well as every positive aspect of our lives.

As Niseido Ju Jitsu practitioners we believe that The Code of Bushido serves as our constant reminder to perfect our character. Niseido Ju Jitsu practitioners are taught to know their enemies. And this sometimes means the enemy within. Controlling the enemy is a great challenge, controlling the enemy within is the greater challenge.

The Niseido Ju Jitsu philosophy as taught, promoted and promulgated by Prof. Riccardi and all Niseido Instructors is that Niseido Ju Jitsu is not an art of offense, but defense. We are never the attackers, only the defenders. However! , one should never take our position of non aggression as a sign of weakness or cowardness. Because while we choose not to fight, if one should make the grave mistake of placing us in a situation whereby we will have to no choice but to defend ourselves, our defense (only if necessary) will be relentless and unforgiving.

We are the modern day descendants of the ancient Japanese Martial Art of Ju Jitsu. For us to claim to our "Martial Arts Birth Right" we must trace our lineage back to Japan in the last years of the *SENGOKU* era, which was after the *NARA* period. ***TAKEUCHI CHUMUDAIKEN HISAMORI*** had already established and practiced the Martial Art he called Ju Jitsu. His system became known as ***"TAKEUCHI SEKIGUCHI RYU."*** In the year of *TENMON* (1532) ***TAKEUCHI SEKIGUCHI JU JITSU*** was completely systemized and documented. This information leads us to support the reality that Japan is the homeland and ***TAKEUCHI HISAMORI*** is the ***"FATHER" of JU JITSU.***

So much for the early years. We must now turn our attention to the present - the today and now period of Ju Jitsu. In doing that you will notice that in all ***Niseido Ju Jitsu Dojo*** a unique style of fighting is practiced. The students square off as if they were engaged in ***"Kumite"*** (karate free

style sparring) - kicks, punches and back fists are thrown - suddenly a fast-moving shoulder or a hip throw is executed, the attacker lands on his back and is immediately subjected to a strangulation or mat hold, or possibly an arm lock. He taps the mat in submission.

This fighting method is uncommon to many, but to us the addition of Judo to the free style fighting is what makes us stand out from the rest. You see, **Judo** which was founded by **THE HONORABLE DR. JIGORO KANO** is also a major part of our Ju Jitsu training. **Randori** (Judo free practice) is also a requirement. We believe that since Judo was born of Ju Jitsu, it must be returned to Ju Jitsu for Ju Jitsu to remain strong and scientific.

Dr. Jigoro Kano was also a Ju Jitsu master and he used both the **TENSHIN SHINYO RYU** and the **KITO RYU** schools of Ju Jitsu as the foundation stones for his system which he called JUDO.

In the same hand, our opening exercises consist of punching and kicking techniques which when combined with Judo during our fighting portion of the class gives us a unique system of self defense.

We encourage all of our students to participate in both Judo and Karate tournaments whenever the opportunity arises. It is important that all students of Niseido fully understand all aspects of the other Martial Arts.

We practice contact fighting which can and will get rough from time to time, (depending upon the students) but we must always remember that in today's society **survival is an everyday reality**. And unfortunately, in order to survive in our present society, we must rely upon our ability **to withstand the rigors of combat**.

It is with great joy and expectations that I personally **WELCOME YOU into NISEIDO JU JITSU**. May your stay with us be not only rewarding, but hopefully, **"FOREVER."**

Yours in Niseido,

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Prof. Rick Riccardi, 10<sup>th</sup> Dan  
Vee Jitsu Ryu Ju Jitsu and the  
Grandmaster & Founder of Niseido Ju Jitsu



## The Niseido® Ju Jitsu CODE OF BUSHIDO

- 1) Gi - Right decision based on truth.
- 2) Yu - Bravery: Cowardice is never an option.
- 3) Jin - Benevolence, Compassion.
- 4) Rei - Courtesy: Graciousness, Politeness and Civility, in word and in deed.
- 5) Reishiki - Etiquette: Be well mannered, always showing proper respect.
- 6) Makoto - Sincerity: Honesty, Genuineness Truth of heart, Mind and Spirit
- 7) Meiyo - Honor & Glory (Without Ego)
- 8) Chugi - Devotion & Loyalty (To God, Country and to one who will teach you)

# Niseido® Ju Jitsu Code Of Ethics

These articles of the Niseido Ju Jitsu Code Of Ethics shall bind all practitioners of Niseido Ju Jitsu. There shall be no deviation from these articles. Any Niseido Ju Jitsu practitioner found to be in violation will be immediately and severely disciplined. It shall be the responsibility of every Niseido Ju Jitsu practitioner to absolutely uphold all of the articles of this Code Of Ethics. It shall be the responsibility of all instructors and the dojo sempai to enforce all of the articles listed in the Niseido Ju Jitsu Code Of Ethics.

All Niseido Ju Jitsu practitioners shall at all times:

1. Be in full compliance with The Niseido Ju Jitsu Code Of Bushido.
2. Refrain from and not engage in libelous or slanderous actions or conversation against another Niseido Ju Jitsu practitioner.
3. When in the company of others refrain, from conduct that is not conducive to Niseido Ju Jitsu teachings or philosophy.
4. Shall not use illegal drugs. Niseido Ju Jitsu is a drug free Martial Art, and all Niseido practitioners are expected to be drug free.
5. Shall not associate with, or be in the company of others who use illegal drugs.
6. While attending or traveling to or from any martial art function act in a dignified manner.
7. When wearing or displaying the Niseido Ju Jitsu logo anywhere, shall do so with honor and pride, and be on guard not to act in a manner that will discredit us, or our art.
8. Always exhibit good sportsmanship and show proper respect to all we come in contact with, regardless of their rank or standing.
9. Respect and honor God, our country, our families and our fellow Niseido Ju Jitsu practitioners.
10. Respect ourselves.

**Note: Violation of any of these tenets will result in a disciplinary action, which may include suspension or expulsion from the dojo or Niseido Ju Jitsu, loss of a single rank or possibly all rank.**

***Those in authority who violate or fail to enforce the Code Of Bushido or the Niseido Ju Jitsu Code of Ethics will be considered in violation of both and shall be disciplined most severely. We must remain united. Compromising of our dignity and/or integrity must never be tolerated or allowed.***

# NISEIDO® JU JITSU BLACK BELT GRADING SYSTEM

- SHODAN** 1st Degree Black Belt: Must be at least 17 years of age, with three years of continuous study.
- NIDAN** 2nd Degree Black Belt: Must be at least 20 years of age, at least two years as Shodan with six years of continuous study.
- SANDAN** 3rd Degree Black Belt: Must be at least 23 years of age, a very minimum of years as Nidan with ten years of continuous study. Sandan ranks may wear Red, White and Black Belt with Red and White Colors Facing inward.
- YONDAN** 4th Degree Black Belt: Must be at least 28 years of age, three years as Sandan with fourteen years of continuous study and an established teaching which has produced Yudansha grade students. The Yondan rank may wear the Renshi Belt with the white section on top. T
- GODAN** 5th Degree Black Belt must be at least 30 years of age with a minimum of 14 years of continuous study. The title "Renshi" will be conferred at this time.
- RENSHI** The Red, White and Black Belt worn with white on top for Yondan, Red on top for Godan. This is known as Renshi Grade.

\* \* \*

**\*\* SHIHAN (Professor): is awarded to those who are 6th, 7th, 8th, 9th, and 10th Degree Black Belt.** 6th, 7th, 8th, and 9th Degree may wear a Red and White sectioned belt. 10th degree (Grand Master) may wear a Solid Red Belt. All ranking above 5<sup>th</sup> Degree Black Belt is considered administrative and is awarded to those who have attained the wisdom, mastery, and knowledge that can only come with age and many years of continuous study and teaching. The minimum age for elevation to Shihan is 35 years with 20 years of continuous study and teaching which may be waived by the Niseido Board of Professors based upon exemplary teaching that has truly benefited Niseido. *The titles of Sensei, Waka Sensei, Renshi, Professor/Shihan, O Sensei, and are the only authorized titles in Niseido Ju Jitsu.*

**Black Belt instructors are not authorized to award Black Belt status to anyone. This can only be done by decree of the Officers of the Niseido Ju Jitsu Federation upon completion of the Black Belt examination before an authorized Board of Examiners.**

**All ranks, grades, or titles are issued on the name of Niseido Ju Jitsu and may be withdrawn, revoked or lessened by the Niseido Ju Jitsu Federation Executive Board at any time with or without cause or notification. This action would be considered final and no appeals will be granted.**

*Revised Jan. 7, 2009*

# GRADING SYSTEM

(KYU GRADES)

Senior Grades  
(ages 14 yrs and above)

Grade Title

Junior Grades  
(ages under 14 yrs)

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White Belt

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ROKYU

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White Belt

Yellow Belt

GOKYU

Yellow Belt

Green Belt

YONKYU

Orange Belt

Purple Belt

SANKYU

Blue Belt

Brown Belt

NIKYU

Purple Belt

Brown Belt

IKYU

None under 14 yrs.

Brown Belt with Black Stripe

SHODAN CANDIDATE

None under 16 yrs.



# NISEIDO® JU JITSU

In order to preserve our Ju Jitsu heritage all instructors and students should be knowledgeable of the history of Ju Jitsu as well as their Ju Jitsu lineage. The answers to these questions when put into a brief five-minute dissertation will be very impressive when presented to those seeking knowledge of our art, or being introduced to it for the first time.

The history of Ju Jitsu:

- Q. Who is the father of Ju Jitsu?
- A. Takeuchi Chumudaiken Hisimori
- Q. What was his system of Ju Jitsu called?
- A. Takeuchi Sekiguchi Ryu
- Q. What year was Takeuchi Hisamori's system completely systemized and documented?
- A. In the year of Tenmon - 1532
- Q. Who is the father of Judo?
- A. The Honorable Dr. Jigoro Kano
- Q. What two schools of Ju Jitsu were used as the foundation stones of Judo?
- A. Tenshin Shinyo Ryu and Kito Ryu schools of Ju Jitsu
- Q. Who is the founder of Niseido Ju Jitsu?
- A. Prof. Rick Riccardi
- Q. In what year was Niseido Ju Jitsu Founded?
- A. 1974, (it was originally called Nisei Goshinjutsu)
- Q. What system of Ju Jitsu was used as the foundation stones Niseido Ju Jitsu?
- A. Vee Jitsu Ryu Ju Jitsu

- Q. Where is the birthplace of Niseido Ju Jitsu?
- A. Bay Ridge Dojo in Brooklyn, New York
- Q. Who is Prof. Riccardi's instructor?
- A. Prof. Florendo M. Visitacion, Grandmaster and founder of Vee Jitsu Ryu Ju Jitsu
- Q. What year was Prof. Riccardi elevated to 10th Dan and by whom?
- A. 1985 by Grand Master Florendo M. Visitacion
- Q. What age separates the junior grades from the senior grades?
- A. Fourteen
- Q. What is the highest grade a student under the age fourteen can attain?
- A. Nikyu, 2nd kyu Purple Belt which is converted to Nikyu Brown Belt at age 14
- Q. What is the minimum age for the rank of Shodan?
- A. Seventeen
- Q. Up to what grade may an instructor award rank independent of the board of directors?
- A. Ikyu, 1st kyu Brown Belt
- Q. How long does it take to make Black Belt in Niseido Ju Jitsu?
- A. For some it may take a lifetime, for one who would ask, **never!**

# NISEIDO® JU JITSU

These questions are to test your knowledge of Niseido Ju Jitsu. All the answers can be found in the hand out that was given to you at the beginning of your studies of our art. The hand out should be located in the front of your notebook. If you do not have one please ask your Sensei.

You should be prepared to answer these questions at anytime, especially prior to any testing for advancement in rank.

- 1) What year was our system founded? \_\_\_\_\_
  - 2) Who is the founder of our system? \_\_\_\_\_
  - 3) Who is the Founders Instructor? \_\_\_\_\_
  - 4) From which system was Niseido born? \_\_\_\_\_
  - 5) What is the translation of Niseido? \_\_\_\_\_
  - 6) Who is the father of Ju Jitsu? \_\_\_\_\_
  - 7) What was the name of his system? \_\_\_\_\_
  - 8) Who is the founder of Judo? \_\_\_\_\_
  - 9) From what Ju Jitsu systems was Judo born? \_\_\_\_\_
  - 10) Where is the birthplace of Niseido Ju Jitsu? \_\_\_\_\_
  - 11) In whose name is all Niseido Ju Jitsu rank issued? \_\_\_\_\_
  - 12) What is the minimum age for Black Belt? \_\_\_\_\_
  - 13) What is the minimum age for Ikyu? \_\_\_\_\_
  - 14) Why do we have minimum ages for the various ranks when other systems do not?
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## JAPANESE TERMINOLOGY

ASHI - FOOT  
ASHI KUBI - ANKLE  
ATEMI - STRIKING

BUSHIDO - WAY OF THE WARRIOR

CHUGI - LOYALTY & DEVOTION

DAN - RANK OF BLACK BELT  
DEASHI - SWEEP FOOT  
DO - WAY  
DOJO - SCHOOL

ERI - LAPEL

GARI - REAP  
GARAMI - ENTWINE  
GATAME - LOCK, HOLD  
GI - UNIFORM  
GI - RIGHT DECISION  
GOSHI - HIP  
GURUMA - WHEEL  
GYAKU - REVERSE

HADAKA - NAKED, BARE  
HAJIME - BEGIN  
HANE - SPRINGING  
HARAI - SWEEPING  
HIKI TAOSHI - PULL DOWN  
HIKI WAKI - DRAW (IN A SHIAI)  
HIZA - KNEE  
HON - BASIC

IPPON - SINGLE / ONE FULL POINT  
IRIMI NAGE - DIRECT ENTRY THROW

JIN - BENEVOLENCE, COMPASSION  
JIME - STRANGULATION  
JU - GENTLE

KAKE - EXECUTION  
KAKU - ANGULAR  
KANSETSU - JOINT (REFERRING TO ANATOMY)  
KANSETSU WAZA - JOINT LOCKING TECHNIQUES  
KATA - FORM  
KATA - SHOULDER  
KESA - SCARF  
KIAI - LOUD SHOUT (INTERNAL ENERGY RELEASE)  
KO - MINOR, LESSER, SMALL  
KOMI - PULL  
KOSHI - HIP  
KUMIKATA - HOLDING ONTO OPPONENT DURING WORKOUT  
KUZURI - BREAK OR MODIFY  
KUZUSHI - BREAKING BALANCE  
KYU - RANK UNDER BLACK BELT

MA SUTEMI WAZA - SACRIFICING TECHNIQUES  
MAKIKOMI - WIND IN  
MATE - STOP IMMEDIATELY  
MAKUSO - COMMAND TO MEDITATE  
MAKOTO - HONESTY  
MOROTE - REINFORCED  
MUDANSHA - ONE BELOW BLACK BELT RANK

NAGE - THROW  
NAMI - NORMAL  
NISEIDO - 2<sup>ND</sup> GENERATION WAY

O - GREAT / MAJOR  
OBI - BELT  
OKURI - SLIDING  
OSAEKOMI - HOLDING (REFEREE CALL)  
OSAEKOMI WAZA - HOLDING TECHNIQUES  
O SENSEI - GREAT TEACHER  
OSHI TAOSHI - PUSH DOWN  
OSOTO - MAJOR OUTSIDE  
OTOSHI - DROP

REI - COURTESY  
REISHIKI - ETIQUETTE  
RENRAKU WAZA - COMBINATION THROWING TECHNIQUES  
RYOTE - BOTH HANDS

SAN KAKU - TRIANGULAR  
SEIZA - COMMAND TO SIT ON KNEES (ZA-ZEN)  
SENSEI - TEACHER  
SEOI - UPPER BACK, SHOULDER REGION  
SHIAI - CONTEST  
SHIHAN - PROFESSOR  
SHIHO - FOUR CORNERS  
SODE - SLEEVE  
SOTO - OUTER, OUTSIDE  
SUKUI - SCOOPING  
SUMI - CORNER  
SUTEMI - SACRIFICE

TAI - BODY  
TAI ZABAKI - TURNING THE BODY  
TANI - VALLEY  
TATAMI - MAT  
TE- HAND  
TOMOE - CIRCLE  
TORI - DEFENDER  
TSUKURI - POSITIONING, ENTRY  
TSURI - LIFT  
TSUYOI - STRONG

UCHI KOMI - FORM PRACTICE  
UCHI - INNER  
UDE - ARM  
UKEMI - BREAK FALLING  
UKI - FLOAT  
UKI - ATTACKER  
URA - REVERSE, BACK  
USHIRO - BACKWARD, BEHIND, REAR  
UTSURI - CHANGING, SHIFTING, MOVING

WAKI - ARM PIT  
WAZARI - HALF POINT

YAMA ARASHI - MOUNTAIN STORM  
YOKO - SIDE  
YON - FOURTH  
YU - BRAVERY  
YUBI - FINGERS  
YUDANSHA - HOLDER OF A BLACK BELT RANK  
YUDANSHA KAI - ASSOCIATION OR SOCIETY OF YUDANSHA

ZAZEN - FORMAL SITTING POSITION

### NISEIDO RANK / GRADE TERMINOLOGY

SHODAN - 1ST DEGREE BLACK BELT	ROKYU - WHITE BELT	6TH KYU
NIDAN - 2ND DEGREE BLACK BELT	GOKYU - YELLOW BELT	5TH KYU
SANDAN - 3RD DEGREE BLACK BELT	YONKYU - GREEN BELT	4TH KYU
YONDAN - 4TH DEGREE BLACK BELT	SANKYU - PURPLE BELT	3RD KYU
GODAN - 5TH DEGREE BLACK BELT	NIKYU - BROWN BELT	2ND KYU
ROKUDAN - 6TH DEGREE BLACK BELT	IKYU - BROWN BELT	1ST KYU
SHICHIDAN - 7TH DEGREE BLACK BELT		
HACHIDAN - 8TH DEGREE BLACK BELT		
KUDAN - 9TH DEGREE BLACK BELT		
JUDAN - 10TH DEGREE BLACK BELT		

#### JAPANESE COUNTING

ICHI - ONE  
NI - TWO  
SAN - THREE  
SHI - FOUR  
GO - FIVE  
ROKU - SIX  
SHICHI - SEVEN  
HACHI - EIGHT  
KU - NINE  
JU - TEN

#### PRONUNCIATION

A - AH - HAH  
E - EH - BET  
I - EE - BEET  
O - OH - BONE  
U - OO - TOO  
AI - I - EYE  
EI - A - WAY

# **NISEIDO® JU JITSU**

## **KANSETSU WAZA - JOINT BENDING TECHNIQUES** *(COME ALONG HOLDS)*

1) **HON JUJI GATAME**

Hon = Basic, Juji = Cross, Gatame = Hold

2) **OKURI ERI HIJI TEKUBI**

Okuri = Sliding, Eri = Collar, Hiji = Elbow, Tekubi = Wrist

3) **KUBI HIJI TEKUBI**

Kubi = Neck, Hiji = Elbow, Tekubi = Wrist

4) **KATA HIJI TEKUBI**

Kata = Shoulder, Hiji = Elbow, Tekubi = Wrist

5) **TEKUBI GAKE**

Tekubi = Wrist, Gake = Hook & Break

6) **YUBI HIJI TEKUBI**

Yubi = Fingers, Hiji = Elbow, Tekubi = Wrist