

武 心 道

Bushindo University

ANCIENT ARTS FOR MODERN TIMES

Ninjutsu · Sword · Eskrima · Inner Arts · Empowered Living

The Empowered Warrior Dojo
Train with me, in all of my arts

White Tiger Mentoring
Work personally with a grandmaster

Over 100 Courses, Books & DVDs
Beginner to master teacher

with Doshi Richard Van Donk • BushindoUniversity.com • Store.Bushindo.com

A LETTER FROM DOSHI

Welcome to Bushindo University

Bushindo means the Way of the Empowered Warrior. The warrior with heart.

I started this university to share the arts as a way of life. Not only how to fight. How to be strong in body, clear in mind, connected in spirit, and skilled when it counts. The old masters trained all of it as one. Most modern dojos kept the technique and dropped the rest. Here you get it all.

I have spent some 60 years on this path. About 50 training trips to Japan with Grandmaster Masaaki Hatsumi. Fifteen years with Eskrima Grandmaster Gilbert Tenio, who passed his art to me. Decades with sword masters, and with teachers in India, China and Tibet. I gave my teachers my word that I would not let their arts die. This catalog is how I keep it.

Everything I teach is in these pages: over 100 books, courses and DVDs, built since I pioneered distance learning in the 1980s. Thousands of students in more than 100 countries have earned black belts with this training. Many of them now teach.

Three ways to study

Online at BushindoUniversity.com. Every course streams on your computer, phone or tablet, with lifetime access. I answer questions under the lessons.

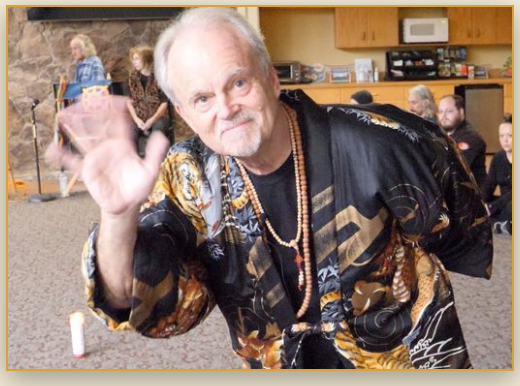
In your hands from Store.Bushindo.com. Binders, books, DVDs, uniforms and patches, shipped to your door.

With me. Join my Empowered Warrior Dojo, apply for mentoring in the White Tiger Inner Circle, or book a private session.

Start where you are. Go as far as you want to go.

Doshi Richard Van Donk

GrandMaster · Founder, Bushindo University and the International Bujinkan Dojo Association



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Prices are as listed on BushindoUniversity.com and Store.Bushindo.com in November 2026 and can change. The websites always carry the current price.



YOUR FIRST STEP

Where to Start

Find yourself in the left column. Start there. Each path leads to the next when you are ready.

Brand new and curious	**The 8 Secret Powers free guide, then the 9-Day Practice** $0 / $37	THEN The Empowered Warrior Dojo	P.8
You want Ninjutsu, step by step	**Ninja Way Course** $97	THEN Shodan Black Belt Course, then the Masters Course	P.13
You already train and want real rank	**Shodan Black Belt Course** from $397	THEN Nidan, Sandan, Yondan and Teacher Training	P.14
A black belt or instructor, and something is missing	**The Empowered Warrior Dojo** $247 / mo	THEN White Tiger mentoring	P.5
You love the blade	**Sword Specialist Course** $397	THEN Sword Masters Course	P.22
You want knife and stick skill fast	**DeCuerdas Eskrima Level One** $79	THEN The complete Eskrima Black Belt Course	P.24
Meditation, energy and the inner path	**Living the Spiritual Path** $127	THEN Sati Mikkyo Course, Optimal Life	P.26
You want it all, in one place, with me	**The Empowered Warrior Dojo** $2,497 / yr	THEN White Tiger mentoring	P.5
You want me to work with you personally	**Apply for the White Tiger Inner Circle** by application	THEN A Day with Doshi at the Infinite Way Dojo	P.9

A note for beginners. You train in a black uniform with a white belt until you pass 9th Kyu. Then you wear yellow. Keep going until you reach black belt. **Still not sure?** Text or call 707-987-9322 and we will help you choose.



ANYWHERE, ANYTIME

Study Online

Every course on computer, phone or tablet at BushindoUniversity.com. Lifetime access.



ON YOUR SHELF

Hold It in Your Hands

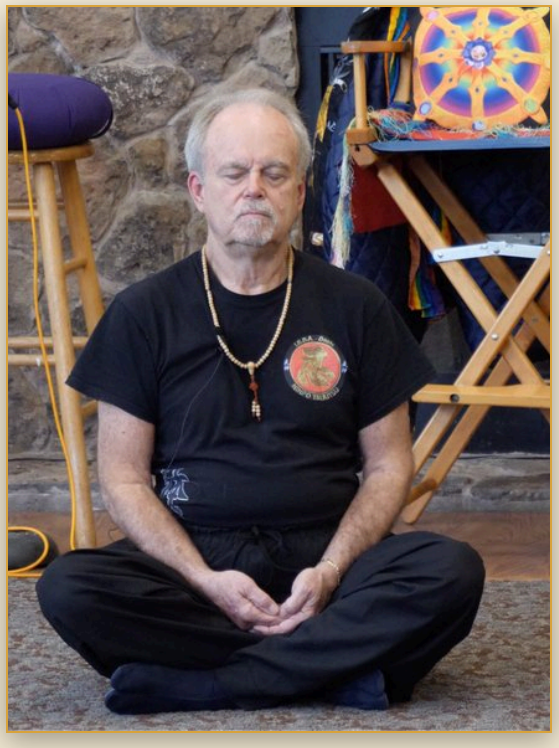
Binders, books and DVDs shipped from Store.Bushindo.com.



PERSONAL

Train With Me

The Empowered Warrior Dojo, White Tiger mentoring and private sessions.



> "Always have the courage to live what you love and to love what you live."





With Soke Masaaki Hatsumi, and with Grandmaster Gilbert Tenio

MEET YOUR TEACHER

Doshi Richard Van Donk

More than training. An empowered lifestyle. Doshi means, simply, "Shower of the Way."

Richard Van Donk began the martial arts as a boy and set out as a young man to find one complete system for living. That search took him around the world, to masters of body, mind and spirit, and to mastery level in their arts. He teaches enlightenment and martial arts in a direct and lighthearted way, with plenty of humor.

- Personal student of Grandmaster Masaaki Hatsumi since the early 1980s, with about 50 training trips to Japan. Shidoshi-ho in 1985. Passed the 5th degree test in Japan in 1987.
- Holder of the Golden Dragon Medal and the Shin Gi Tai Ichi Award from Soke Hatsumi, given to only a few in the history of the art.
- Headmaster of the International Bujinkan Dojo Association, serving the Bujinkan community worldwide since 1986.
- Inheritor of DeCuerdas Eskrima from the late Grandmaster Gilbert Tenio. Founder of the International DeCuerdas Eskrima Association.
- Trained with Sword Master Kancho Machida, gurus in India and Daoist masters of China. Black belt level or above in Karate, Jujitsu, Tae Kwon Do, Iaido, Aikido and Battojutsu.
- Named Grandmaster of the Year by the World Head of Family Sokeship Council. His Combat Ninjutsu video won its top international video award in 1999.
- Author of over 100 books, DVDs and life-transformational courses. Pioneer of martial arts distance learning.
- Has helped well over a dozen students to 10th Dan and several hundred beyond 5th degree black belt.
- Teaches privates and mentors a chosen few at the Infinite Way Dojo in Northern California.

60+	1,000s	100+	100+
YEARS ON THE PATH	OF BLACK BELTS TRAINED	COUNTRIES	BOOKS, COURSES, DVDS



MY LEGACY DOJO

Train in My Empowered Warrior Dojo. directly With Me.

Nearly all of my teachings, in one place, in the Shin Gi Tai Ichi™ System.

Ever feel like something was missing in your training? Even with a black belt or two?

It happened to me too, after several black belts. So I went looking. I traveled the world and trained with masters who taught me the secrets that made the ultimate difference in my martial arts, my body, mind and spirit, and my life.

For decades my students had to choose: the Ninjutsu course, or the Sword, or the Eskrima, or the Inner Arts. In the Empowered Warrior Dojo you do not choose. You train it all, the way I trained it, with me guiding you.

> "I created this system to be the last stop on your journey. It is my Legacy Training. I hold nothing back."

心

Shin · Mind & Spirit

Life force, inner arts, mindset, spiritual connection. The foundation the old masters trained first, and the part modern training left out.

技

Gi · Technique

Ninja taijutsu, sword, Eskrima blade and stick, self-defense. Unarmed and with weapons.

体

Tai · Body

A warrior-strong body. Conditioning, rejuvenation and my own daily practice.

一

Ichi · As One

Put Shin back and the whole warrior comes alive. This integration is the Secret Power.

Soke Hatsumi gave me the Shin Gi Tai Ichi Award, given to only a few in the history of the art. I named my system after it.

EVERYTHING I TEACH, PLUS A BRAND NEW PORTAL OF KNOWLEDGE

Empowered Warrior Dojo. All My Core Teachings.

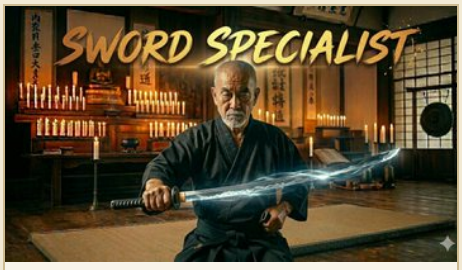
You train it all, the way I trained it, with me. Nothing is missing.



NINJUTSU

Ninjutsu Masters Course

Shodan to Shidoshi. The complete Bujinkan Budo Taijutsu training from the first kamae through the master levels.



SWORD

Sword Black Belt Training

Hold, draw, cut and carry presence. The sword training I learned from both the formal and the informal masters.



ESKRIMA

DeCuerdas Eskrima Black Belt Training

Stick and blade from the Philippines. The art I reached master level in before Japan ever called.



INNER ARTS

Inner Arts Training

Life force, breath, ki and the 8 Secret Powers. The training most masters never teach, and the one that makes everything else work.



EMPOWERED LIVING

Optimal Life Training

Owning yourself fully. Vibrant health. Choice. The warrior's way carried off the mat and into the rest of your life.



SPIRIT

Living the Spiritual Path

The spiritual practices behind the warrior arts, taught as the old masters lived them, not as a lecture.

Plus the Ninja Way, Body Rejuvenation, Doshi's Daily Practice, and my Shin Gi Tai Ichi™ System Portal that ties it all together as one warrior path, with Bushindo Empowered Warrior rank included. No test fees.

Who it is for

Black belts, instructors, dojo owners and grandmasters of any style. Students returning after years away. Serious beginners. You keep your style and your rank.

Already training with me?

Whatever you have studied with me counts here. Your experience moves you through faster, at no extra cost, and credits apply toward your Ninjutsu, Eskrima and Sword ranking.

THIS IS THE DIFFERENCE

You Are Not Buying Courses. You Are Training With Me.

1

Live training with me, twice a month

Live on Zoom. Bring your questions, show me your movement, get corrected by the man who built the curriculum.

2

My answers under your questions

Post in the 24/7 Warrior Community and I answer. Not an assistant. Not a moderator. Me.

3

Rank I personally review

Record your demonstrations, submit them, and earn Shin Gi Tai Ichi™ rank toward Shodan, with credit toward your Ninjutsu, Eskrima and Sword ranking.

Everything you get in the Dojo

10 complete Bushindo courses Ninjutsu Masters Course · Inner Arts Course · Sword Specialist Course · DeCuerdas Eskrima Course · Optimal Life Course · Living the Spiritual Path · Ninja Way Course · Enlightened Warrior Training · Body Rejuvenation Course · Fast-Start Guide: How to Become a Better Martial Artist	$6,971
The Shin Gi Tai Ichi™ System Portal Inner arts, conditioning, mindset, spirit and ki, drawn from my mentoring program	$3,997
Live training with me, twice a month Direct personal access, live on Zoom	$4,800/yr
Empowered Warrior 24/7 Community Serious practitioners. Real standards. My answers under your posts.	Priceless
Shin Gi Tai Ichi™ rank and certification Reviewed by me, level by level, to your in-person black belt test	Priceless
Total value	~~$15,768~~

FOUNDING MEMBER · ANNUAL

$2,497/YEAR

Best value. That is $6.84 a day. Your price locks in the day you join. Klarna and Afterpay available.

MONTHLY

$247/MONTH

Full access. Start today, upgrade to annual anytime.

90 Day money-back guarantee on every plan

When the 100th Founding Member joins, the annual price goes to $2,997. When the Dojo reaches 500 members, enrollment closes, so I can serve each one personally.

Join at BushindoUniversity.com/empowered-warrior-dojo

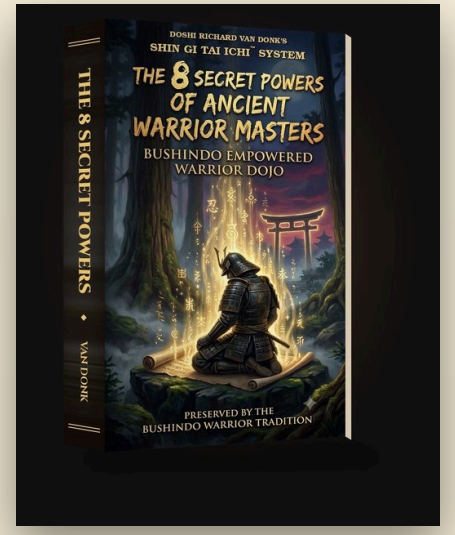


WHY I OPENED MY DOJO

"Come. I will take care of you."

I already had black belts. Karate. Taekwondo. Aikido. Master level in Eskrima. And something was still missing. Then Grandmaster Masaaki Hatsumi personally invited me to Japan, gave me a hug, and said those words. Whatever he had, I had never reached it. It was internal.

Both of my teachers are now retired. I gave them my word I would not let their arts die. The Empowered Warrior Dojo is my legacy dojo: almost everything I know, in one place, taught by me, to the warriors who will carry it forward. Come, I will Take Care of YOU!!



START WITH A TASTE OF THE INNER ARTS

The 8 Secret Powers of the Ancient Masters

What ancient warriors knew that modern martial arts forgot.

FREE STUDY GUIDE + VIDEO TRAINING

FREE

Fifty years of training with masters in Japan, the Philippines, India and China, laid out in a 21-page study guide. Mind, Body, Spirit and Martial Skill, trained as one.

BushindoUniversity.com/empowered-warrior-registration

THE 9-DAY PRACTICE FOR EVERY MARTIAL ARTIST

$37 ~~$509 value~~

Nine days. One Power a day: one lesson, one 10-minute drill, one journal question. Any style, any rank. Lifetime access. Your $37 comes off your Dojo membership.

BushindoUniversity.com/8-secret-powers

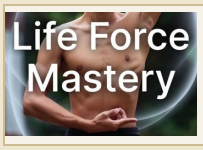
Eight Secret Powers. One Great Power.



DAY 1

Warrior Presence

Command the room before a single move is made.



DAY 2

Life Force Mastery

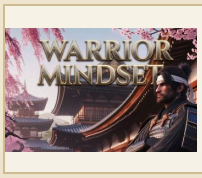
Breath and ki: the energy behind every technique.



DAY 3

Body Mastery

A responsive, resilient body built to last.



DAY 4

Warrior Mindset

Calm, clear and effective under pressure.



DAY 5

Weapon as Extension

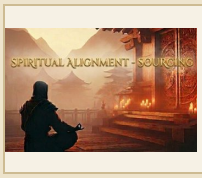
The weapon, and your intention, become part of you.



DAY 6

Sensory Refinement

Sharpen awareness to see what others miss.



DAY 7

Spiritual Alignment

Connect your training to purpose and the warrior's code.



DAY 8

Integration & Harmony

Unite body, mind, spirit and skill as one.



DAY 9

The Great Power: Choice

The power that decides everything else.

Includes Doshi's personal 20-Minute Daily Practice, Power Breath Practice and 8 Brocades Light, a bonus Wisdom Session, the Complete Warrior Path Map and a printable Practice Tracker. 30-day money-back guarantee.

Coming soon: The 8 Secret Powers book, free digital edition and paperback.



THE HIGHEST LEVEL · PERSONAL MENTORSHIP

Doshi's White Tiger Inner Circle

Your golden chance to work personally with a grandmaster.

No matter what course you have with me, I will help you accelerate at it. I want to work with you - Give you perfect Guidance.

The White Tiger Inner Circle is my one-year mentoring program. It is the highest level of training I offer, and it is where the leaders come from. You may know me as a martial arts grandmaster. My real work is changing people's lives.

In the Inner Circle you are really studying the Art of You: mind, body, spirit, relationships and your martial arts, each taken from where you are now to where you want to be. Shin Gi Tai Ichi, the unification of body, mind, spirit and skill, is the goal.

Brand-new beginners and masters are both welcome. I have both in the Inner Circle. Your year starts the day you do.

The Art of You

Studied in every facet: mentally, physically, spiritually, emotionally, in relationships and in the martial arts. Get it right on the inside to get it right on the outside.

The Art of Martial Excellence

Studied as a way of life through Ninpo Taijutsu. How you handle a punch is how you handle any stressful situation in life.

The Art of Empowering Transformation

The exact methods the ancient masters used to strengthen, heal and optimize their bodies, enhance their minds and embrace their spirits.

> "Get stronger, a rejuvenated body, mental clarity, spiritually enhanced, while living a harmonized Empowered Warrior lifestyle. In 60 days or less."

The decision to apply should be simple

- If you are ready for the next level in your training and life.
- If you believe daily inspiration and mentoring from someone living the path will change your life.
- If you want all your questions on the arts, the inner arts or your life path answered for at least one year.
- If you want to accelerate your training.
- If you want better health.
- If you want to be stronger: mentally, physically, emotionally and spiritually.

Apply at BushindoUniversity.com/WhiteTigerInnerCircle · Three-minute application · Answer within 72 hours

BE STRATEGICALLY MENTORED ON EVERY ASPECT OF THE MARTIAL ARTS, THE INNER ARTS AND OPTIMAL LIFE

How I Work With You

- **Weekly Wisdom Sessions.** A live video call every week with me and the other Inner Circle members. Ask me anything.
- **A private study portal.** A full year of in-depth study. I answer your questions under every lesson, PDF and video. Most of it has never been published.
- **A strategic plan for you.** We find out where you really are, set your long-term destination, and lay out a clear path for your training, your health and your life.
- **The inner trainings.** The Next Level Life training and the Inner Arts course, plus what I learned from Hatsumi-Sensei and other masters that is not told publicly.
- **Daily practice.** The empowerment skills I use myself, so you live the path instead of reading about it.

Your Roadmap

1. Know realistically where you are now in your training
2. Get your questions answered with clarity
3. Know your life possibilities and long-term destination
4. Create a clear strategic plan for your training, body health and life
5. Get the education you need to achieve your dreams
6. Daily practice empowerment skills to live your optimal life
7. Be guided and inspired to be the best version of you
8. Learn the secrets of Hatsumi and the masters, not told publicly
9. Accelerate your martial arts path and excellence



How to Apply

1. Fill out the short application. It takes about three minutes.
2. I read it myself and answer within 72 hours.
3. You receive the full details of the mentorship and the investment, and decide if it is right for you.

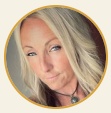
No sales call. You are either a fit or you are not. If the timing is not right, I will point you to your best next step in the arts.

BushindoUniversity.com/WhiteTigerInnerCircle



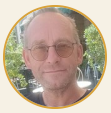
"Thank you for all you have changed within me. Life is so much sweeter. I always feel as if I have been re-born!"

Konsta Beck, Yondan



"If there is one person that sees my vision, it is you. Thank you again for these life changing tools."

Beth Hall



"You are becoming an important teacher in my life. For me your teachings are of great wealth."

Arnout Griepsma, Shodan



TRAIN WITH DOSHI, ONE ON ONE

Private Sessions with Doshi

Martial arts, inner empowerment or a paradigm life shift. In person at the dojo, by video, or by phone.

Tune up your taijutsu. Get immediate clarity on your path. Rank test with instant feedback and correction. Learn the Inner Arts. Work through a life challenge.

COACHING

Half-Hour Session

$200

Phone, video or in person. Bring your questions and get clarity on anything.

COACHING

One-Hour Session

$400

Martial arts lesson, rank testing feedback, Inner Arts daily practice. Time to go deeper.

MOST POPULAR

Day with Doshi

$2,495

One full day at the Infinite Way Dojo. Train, meditate and do Inner Arts together. Straight-talk life strategy.

IN PERSON

2 Days with Doshi

$4,975

A two-day paradigm shift. What I share is not in the books or on video. Leave with a strategic plan.

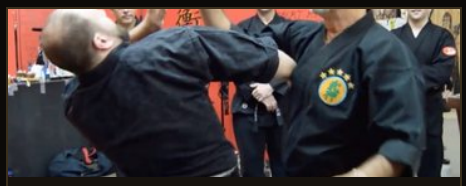
Coached or Mentored

Coached is short term. I give you advice or a plan of action. **Mentored** is a longer relationship where I work with you to gain a set of skills or reach a long-term result.

I have been helping people change their lives for over 40 years. Money-back guarantee. No one has asked for a refund, and many have paid me more as a bonus.

> "The private sessions are absolutely transformational and worth it!"

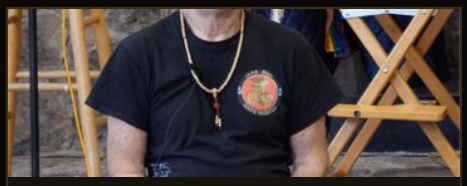
Book at BushindoUniversity.com/book-session
or call 707-987-9322



IN THE DOJO

Martial Arts

A private lesson, or rank testing with instant feedback and taijutsu correction.



ON THE POWER DECK

Inner Arts

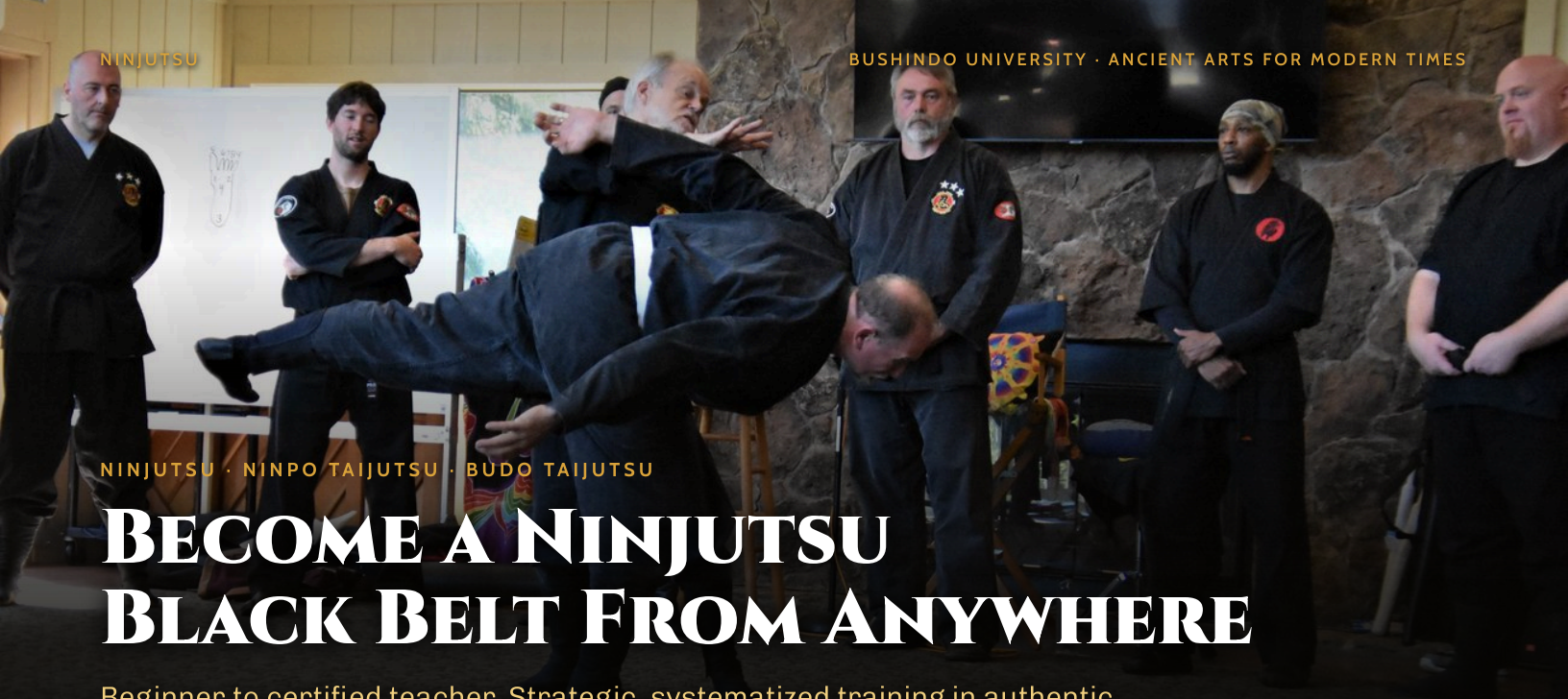
Learn the Inner Arts daily practice. Meditate and train life force with me.



NEXT LEVEL

Paradigm Life Shift

Life coaching to overcome a challenge and take yourself to the next level quickly.



NINJUTSU · NINPO TAIJUTSU · BUDO TAIJUTSU

Become a Ninjutsu Black Belt From Anywhere

Beginner to certified teacher. Strategic, systematized training in authentic Bujinkan Ninjutsu.

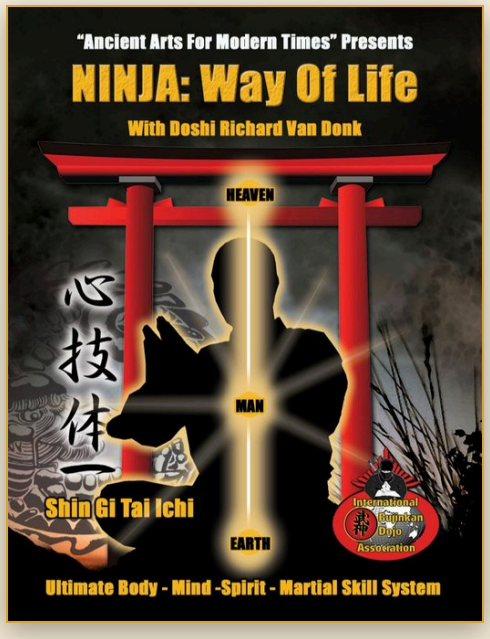
You do not need another random video clip. You need a clear path.

Ninjutsu is my main art. My lineage is direct with Soke Masaaki Hatsumi since the early 1980s, and in 1986 we set a mission together to bring his arts to the world. It was our project, with Hatsumi-Sensei and Quest Co., that filmed, subtitled and distributed Soke's videos worldwide.

Through the International Bujinkan Dojo Association I built a step-by-step learning and ranking system so that you learn something for every grade and know why you hold it. Hundreds of black belts and masters started with this training.

IBDA's mission is to help you learn the arts well enough to teach them.

1	**Ninja Way Course** Get a taste before you commit. Earn your first belt in 30 days.	$97
2	**Shodan Black Belt Course** My flagship since 1990. 9th Kyu to Shodan, step by step.	from $397
3	**Advanced Levels & Teacher Training** Nidan, Sandan, Yondan, Budo Taijutsu and the Shidoshi course.	$347 each
4	**Bujinkan Masters Course** Go all in. Eight complete courses, beginner to Godan and teacher.	from $1,997
+	**Specialty Skills & Weapons** Sword, bo, kusari, shuriken, rolling, postures and more. Add them any time.	from $29.95



NOT READY FOR THE BLACK BELT COURSE YET? START HERE

Ninja Way Course

$97 $714 of Ninjutsu training. Lifetime access.

Learn the arts of the Ninja as they were practiced in ancient times: as a way of life. Body, mind, spirit and martial skill in one system.

- 9 Ninja Way of Life online study modules
- 9 full video lessons (the classic DVDs, now online)
- The 30-Day Yellow Belt Challenge: earn your first belt in 30 days
- Kuji-In, Meditation and Dao of Martial Arts bonuses
- Doshi's feedback on every post and training question
- Private study community
- Everything online, on computer, phone or tablet. Nothing is shipped.

BushindoUniversity.com/ninjaway

BE PART OF SOMETHING GREAT

IBDA Membership

$40 a year

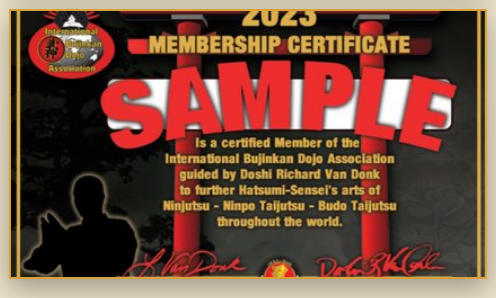
Official Bujinkan membership through the International Bujinkan Dojo Association. "Taking you from Beginner to Master."

Open to Bujinkan teachers and students of any affiliation. You are welcome to become a member even if you do not train with us. Serving the Bujinkan community since 1986.

- Bujinkan ID card, mailed to you
- Downloadable IBDA wall certificate with your name
- IBDA uniform shoulder patch
- The Ninja Vault online: teachings, video clips, the histories of the 9 schools, waza and meditations
- Current membership is required for all IBDA rank testing

BushindoUniversity.com/ibda-membership-annual







MY FLAGSHIP COURSE SINCE 1990

The Ninjutsu Black Belt Course

From 9th Kyu to Shodan. Step by step. From home, with my guidance.

For over 30 years this path has helped students around the world begin and continue authentic Ninjutsu training from home.

Learn Ninjutsu, “the art of the Ninja.”

Learn Ninpo Taijutsu as it was taught by Soke Hatsumi in the 1980s, and the more modern Budo Taijutsu, with step-by-step guidance.

- 11 one-hour+ video lessons, 9 Kyu levels
- 316-page in-depth manual
- More footage online than on the DVDs
- My guidance on every lesson
- Private community invitation

A good dojo runs $150 to $250 a month. Over the average 3.5 years that is about $10,000. This is a proven way to study that costs maybe 10% of that.

9th Kyu WHITE TO YELLOW	Building your foundation. Bowing in, tying your belt, warm-ups, the postures of Seiza, Hira and Ichimonji, basic rolls and breakfalls, basic punches and kicks, evasion, and the Chi (earth) form of the Sanshin no Kata.
8th Kyu YELLOW	Taihenjutsu: falling, leaping and evasion. Hoko, Doko and Jumonji no kamae, Omote and Ura Gyaku, wrist escapes, basic Hanbo, the Sui (water) form, and your first Kihon Happo drill.
7th Kyu YELLOW	Flowing movement with less effort. Side rolls, advanced back rolls, breakfalls, Kosei, Hicho and Ihen no kamae, Shuto strikes, the Ka (fire) and Fu (wind) forms, Oni Kudaki, basic knife.
6th Kyu GREEN	Rolling without hands, four-way leaping and kicking, the Ku (void) form, Jumonji no kata and Musha Dori. Weapon: Kusari Fundo. Meditation and diet.
5th Kyu GREEN	The Kihon Happo with efficiency and the Japanese names. Advanced kicking and punching, sword evasion forms, Hicho no kata, Ganseki Nage, basic grappling. Weapon: Shuriken.
4th to 1st Kyu BROWN	Throws, chokes and submissions, grappling, sword, stealth movement and Gotonpo concealment, Koshijutsu attacks to nerves and muscles, exotic weapons and inner power.
Shodan BLACK	Your first degree black belt. Test by video from your phone, in a private Zoom session, or in person at a dojo or seminar. We give feedback until you pass.

EVERYONE'S JOURNEY IS DIFFERENT

Choose Your Black Belt Path



PAY RANK AS YOU TEST

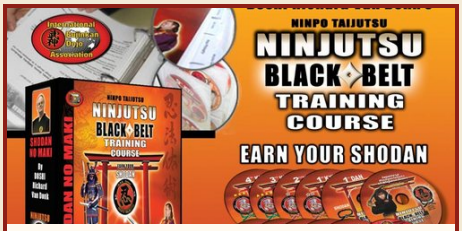
Black Belt Online Ninja Dojo with Binder

$397

or $447 with the course DVDs

- The entire course online, for life
- 316-page binder manual mailed, free priority shipping
- Invitation to the private community
- Japanese Phrases audio
- Ranking registration ($125) and the 30-Day Challenge
- Rank test fees are separate

Payment plan: about $35 a month for one year



MOST COMPLETE

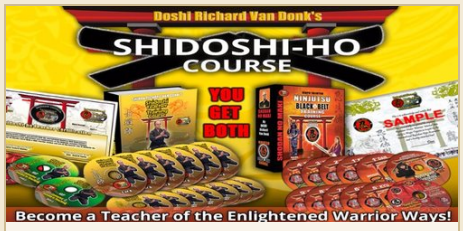
Black Belt with All Ranking Included

$1,497

No rank test fees

- Everything in the $397 course
- All certification, 9th Kyu to Black Belt, included. A $650 value.
- Just train and test when ready
- Free updates for life
- Doshi's guidance on every teaching

Payment plans: about $125 a month for 12 months, or $72 a month for 24



ACCELERATED PATH

Black Belt Instructor Certification Package

$2,497

9th Kyu to Black Belt and Shidoshi-Ho license

- Shodan Course, online with binder
- Teachers Training Course, online with binder
- Ninja Way Course
- Kyu chest patch and shoulder patch
- IBDA membership for 3 years
- All rank and license fees, and the first year of Shidoshi-kai

Payment plan: about $120 a month for 24 months

Train, Test, Rank

Use your phone to record what you know at each level test. Private Zoom sessions, dojo and seminar testing are also available. No intimidation and no fear of not passing: we give feedback to pass.

100% money-back guarantee. Buy the course and try it for 30 days. Payment plans through Klarna or Afterpay at checkout.

BushindoUniversity.com/blackbeltcourse

"A life changing system that has worked for me for over fifteen years and has given me the confidence and courage to live the life I dreamed."

Shidoshi Jerry Wideman, 10th Degree Black Belt

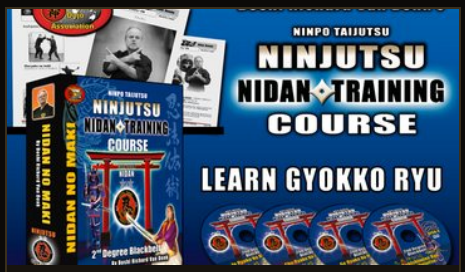
"A fantastic course that allowed me and my friends to train in Ninjutsu at our own pace."

Shidoshi Ron Elges, 5th Degree Black Belt

PATH 2 · INTERNATIONAL BUJINKAN DOJO ASSOCIATION

Advanced Levels and Teacher Training

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DAN CERTIFICATION

Nidan: Gyokko Ryu Course

2nd degree. All the Gyokko Ryu waza of the Jo, Chu and Ge Ryaku no Maki, plus Kukishinden Ryu Hanbojutsu. Rare bonus: the Gyokko Ryu kuden and Baku-In mudras.

$347 · $447 with DVDs

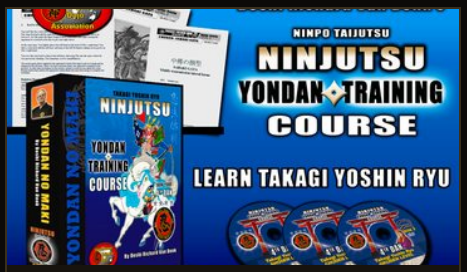


DAN CERTIFICATION

Sandan: Shinden Fudo Ryu Course

3rd degree. All 84 Shinden Fudo Ryu Dakentaijutsu waza in a 356-page manual, with pictures and video for every waza: Ten, Chi and Shizen Shigoku no Kata.

$347 · $447 with DVDs



DAN CERTIFICATION

Yondan: Takagi Yoshin Ryu Course

4th degree. The Takagi Yoshin Ryu Jutaijutsu waza, Shoden through Okuden, in a picture manual with full video instruction.

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MASTER PRINCIPLES

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“Perfecting Your Budo Taijutsu.” Eleven video lessons from Doshi and nine other instructors, a 236-page manual, and the Ten Chi Jin notes.

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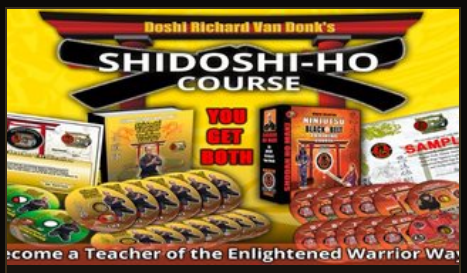


TEACHING LICENSE

Shidoshi Teacher Training Course

Become a teacher of the warrior ways. Lesson plans, handling students, your responsibilities, leadership. Required to become an IBDA Shidoshi-ho.

$347 · $447 with DVDs



ACCELERATED PATH

Black Belt Teacher Certification

The accelerated path. Shodan and Teacher Training together, Ninja Way, patches, 3 years of IBDA membership, and all rank and license fees.

$2,497

The IBDA roadmap. A strategic, systematized learning system to 10th Dan. Ranking is based on three things: specific knowledge at every level, your taijutsu ability, and your character. Most of our courses include rank testing and certification.

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BUJINKAN SHIDOSHI MASTERS COURSE · GO ALL IN

The World's Most Complete Bujinkan Ninjutsu and Budo Taijutsu Study System



Eight complete courses. From how to tie your white belt to Godan and fully trained Bujinkan teacher.

From the old days training of Ninpo Taijutsu, Togakure teachings and Ten Chi Jin to Juppo Sessho, weapons, and the more modern Budo Taijutsu. From the Art of Awareness to Combat Ninjutsu. I codified over 40 years of study with Soke Hatsumi into one university course. These are my own study materials. We will never offer less.

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Ninja Weapons Course

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Get certified as a Ninja Weapons Specialist.

Doshi Richard and Linda Van Donk teach you the basics of fourteen weapons: what they are, how to hold them, the postures, and how to strike with them. Learn the material, then test for Advanced Ninja Weapons Certification.

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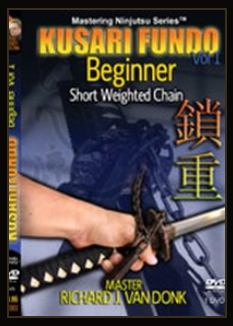
Six trainings: Ninja Weapons Basics Vol. 1 and 2, Kusari Fundo Beginner and Advanced, Hanbojutsu, and Disarming Knives, Guns and Sticks.



Weapons Basics Vol. 1



Weapons Basics Vol. 2



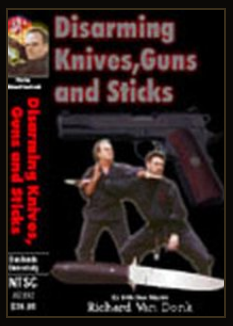
Kusari Fundo Beginner



Kusari Fundo Advanced



Hanbojutsu



Disarming Knives, Guns & Sticks

THE FOUNDATIONS, MADE SIMPLE

Ninjutsu Made Easy Course

$149 online bundle · $159.95 on 6 DVDs (pay for five, get one free)



For years students asked where they could learn just the postures, or just the Sanshin and the Kihon Happo, or get more help with rolling. Here it is, in six trainings for beginners and advanced students alike. Each is also sold singly for $29.95.



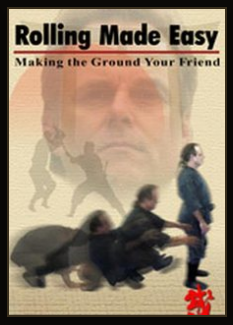
Kihon Happo



Sanshin no Kata



Posture Power



Rolling Made Easy



Ninja Weapons Basics Vol. 1



Ninja Weapons Basics Vol. 2

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Award-winning. Master-level skills for ending a fight fast against a bigger, faster or armed attacker.



Kihon Happo

Koshi Sanpo and Torite Goho Gata. The fundamental roots of all budo, piece by piece.



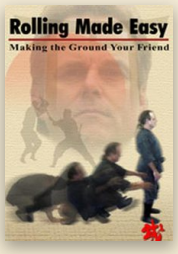
Sanshin no Kata

The five elemental forms: Chi, Sui, Ka, Fu and Ku, as taught to Doshi by Hatsumi-Sensei.



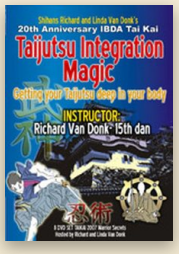
Posture Power

The kamae of all nine schools, their Japanese names, and how to use them in defense.



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Get your taijutsu deep into your body, from beginner to master-level movement.



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Hanbo, tanto, kusari fundo, shuriken, teppan, rokushaku bo and naginata.



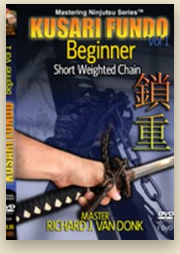
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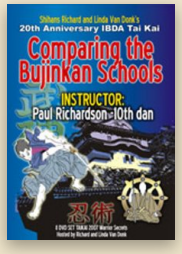
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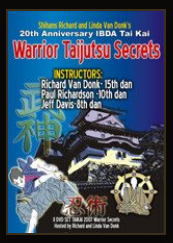
Every session packed with teachings not easily found elsewhere.

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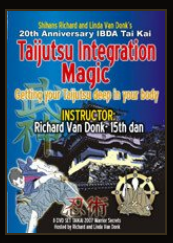
Doshi and several other high-level Shihan share taijutsu, weapons, sword, armor and real-world defense across eight DVDs.

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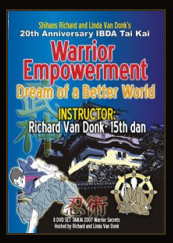
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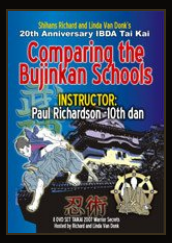
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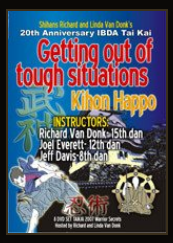
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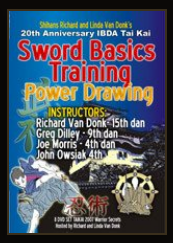
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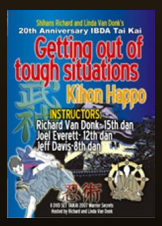
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$94.95 all three books · $34.95 each: Level One (9th to 7th Kyu), Level Two (6th to 4th Kyu), Level Three (3rd Kyu to Shodan)

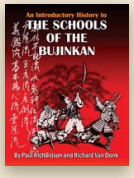
By Doshi Richard Van Donk



Ten Chi Jin Training Manual

My private notes on the Heaven, Earth and Man scrolls, the core curriculum set by Takamatsu Sensei.

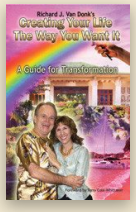
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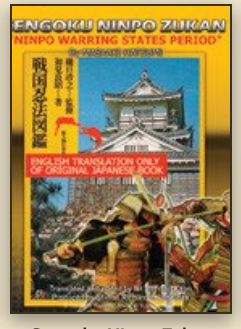
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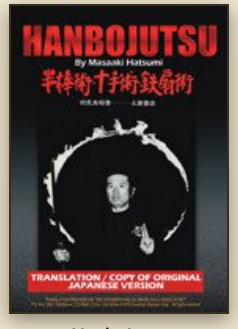
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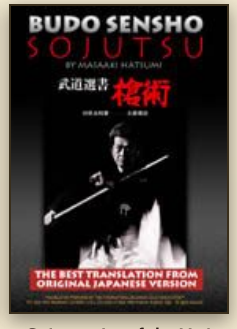
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Sword study is a study of the mind: focus, precision, flow, creativity and personal empowerment. For the Samurai the sword was a way of life. The sword embodied your soul in the blade.

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Ranking is available. Following the ancient warrior way, I use the old Menkyo Kaiden method of sword grading instead of Dan levels.









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Everything you need to build strong foundations. Shoden-ho and Shoden take you from beginner principles to being confident and skilled with a sword. Equal to above 2nd Dan.

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The Sword Courses

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- Postures and kamae
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- Lessons from Tenio, Hatsumi, Machida and Van Donk

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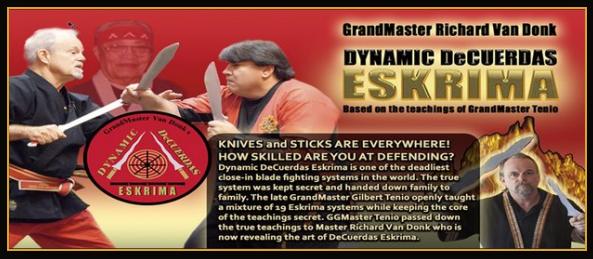
Dynamic DeCuerdas Eskrima

Fast, accurate and deadly. Knives and sticks are everywhere. How skilled are you at defending against them?

I was a karate black belt before I found out it was not effective against a real trained knife fighter. DeCuerdas is my ace in the hole. No other art gives me what it does, and I have studied many arts to grandmaster certification.

I began training with the late Grandmaster Gilbert Tenio in 1981 and was the first person ever to receive a black belt from him. He trained in 19 Filipino systems and passed the true DeCuerdas to me. I promised him I would not let it die. Train it as a stand-alone art, or add it to the art you already have.





19	50+	10
FILIPINO SYSTEMS IN ONE	BLACK BELTS WORLDWIDE	MASTERS

Train in belt levels. Each level builds on the last.



Level 1 · Yellow

FOUNDATION

The weapons and how to hold them, basic strikes 1 to 5, striking and cutting methods, the 9 angles of attack, 5 distances, the House Blocking System, passing and V-movement patterns.



Level 2 · Green

FLOW CONNECTION

Serrada strikes 6 to 12, long arc and Abaniko strikes, single stick against single stick, DeCuerdas kicks, empty hand sensitivity drills, knife and stick passing, first disarms.



Level 3 · Brown

PRESSURE AND APPLICATION

Falling skills, joint locking, throws and takedowns, single stick grappling, double stick blocking and striking, long blade strikes, knife flow drill, stick disarms, sparring drills.



Level 4 · Black

ADVANCED PROGRESSION

Double stick principles, Espada y Daga, double blade, fighting from the ground, long staff, dagger defenses and disarms, jailing and trapping, and the Black Belt test and award ceremony.

Learn instant defense, blocking, striking, cutting, countering, parrying, passing, counter for counter, fight finishing, disarms, throws, grappling and inner power. Unified defense actions whether you are unarmed or have two blades in your hands.

DYNAMIC DECUERDAS ESKRIMA BLACK BELT CERTIFICATION

The Eskrima Courses

RECOMMENDED PATH

Complete DeCuerdas Eskrima Black Belt Course

$347

Online, all four levels. **$447** with DVDs online · **$379** DVD course in the store

- Levels One, Two, Three and Four
- Hundreds of portal videos you can review again and again
- Step-by-step picture manual and training notes
- Striking, footwork, checking, counters and flow training
- Stick and blade principle development
- Rank testing by video. The Black Belt test is in person.
- Three levels plus Instructor after Black Belt

BushindoUniversity.com/dynamic-eskrima-blackbelt-course

TRAIN ONE LEVEL AT A TIME

$79 each level, online

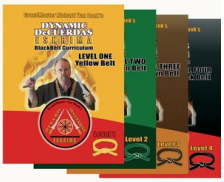
Level One Yellow, Level Two Green, Level Three Brown or Level Four Black.

DECUERDAS ESKRIMA ASSOCIATION MEMBERSHIP

$25 a year

Membership ID card, downloadable wall certificate and growing Eskrima Vault access. All Filipino martial artists welcome. Required for rank testing.

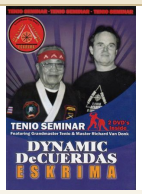
Manuals, Uniform and Gear



Training Manuals

Physical books, one per belt level. All four for $97 online or $99.95 in the store.

$29.95 each



DeCuerdas Master Seminar

Two DVDs filmed live with Grandmaster Tenio and Doshi. One and two sticks, blade, disarms.

In the store



Eskrima Uniform with Patch

Black and red, with the red and gold 6-inch back patch already sewn on.

$109.95 to $129.95



Eskrima Sport Shirt

Black polo with red trim and the bladed Eskrima logo.

$29.95

DeCuerdas patches: 5-inch shield patch $20 · 6-inch round patch $25. **Store.Bushindo.com** · More training by the level at **BushindoUniversity.com/eskrima-trainings**

What Makes This a Complete System

Core DeCuerdas structure

The foundations that hold every strike, defense, counter, drill and rank requirement together.

Belt-by-belt progression

A visible path from beginner material toward advanced rank and instructor-level understanding.

Certification and instructor path

Rank certification by video, long-term development, and Instructor levels after Black Belt.

A WAY OF LIFE

Living the Spiritual Path

"Sacred Secrets of Reaching States of Enlightenment Revealed."

$127 the complete course, online



Know inner peace anytime you want. Get it right on the inside.

Meditate like an awakened master. Open your chakras safely, activate your energy system and, when ready, experience the enlightening Quickening Process. 20 years and 250,000 miles of research packed into a step-by-step guide.

- Living the Spiritual Path course manual, 114 pages
- Preparing the Path and Sourcing Meditation guided empowerments
- Life Enhancing Philosophy video training
- Exercises for Heightened Enlightenment video training

Eliminate stress | Enhance concentration | Integrate body, mind and spirit | Increase mind powers | Awaken to your highest potential

BushindoUniversity.com/living-the-spiritual-path

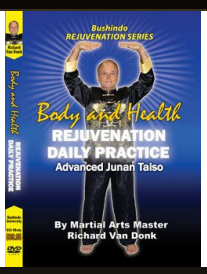


EMPOWERED LIVING

Optimal Life Mastery System

Own yourself fully. Vibrant health. The great power of choice. The warrior's way carried into the rest of your life.

$497 online



BODY

Body and Health Rejuvenation Daily Practice

Advanced Junan Taiso. Joint freeing, stretching, meridian and nerve activation, Amatsu and Chi Kung energy flow.

$29.95 online · $34.95 DVD



INNER ARTS

The Inner Arts Course

Life force, breath and ki. The training that makes everything else work. Taught only inside the Empowered Warrior Dojo and the White Tiger Inner Circle.

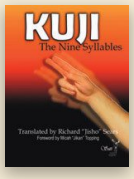
Inside the Dojo

WARRIOR-MONK TRAINING · A NON-RELIGIOUS SPIRITUAL PATH

Kuji, Mikkyo and Meditation Studies

Home study Mikkyo courses created by SATI and written by Tendai priest Jisho Richard Sears. Awareness, meditation and Kuji-In, the inner side of the Ninja arts.

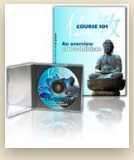
SATI MIKKYO COMPLETE COURSE
$247
Every Sati study course together in one package. Online, or shipped from the store.



Kuji: The Nine Syllables
Draw the Kuji grid and learn the nine hand positions, mantras and mudras of the Goshinbo. Two Japanese Kuji manuals translated in full.
$39.95



Mikkyo: An Introduction
A six-week home study course on the secret teachings of Japanese Vajrayana Buddhism, with workbook, meditations and certificate.
$39.95



Buddhism: An Overview
A six-week home study course, from the life of the Buddha to the main schools today.
$39.95



Tendai Daily Practice Manual
The full English translation with the Japanese text, normally given only at ordination. With chant pronunciation CD.
$39.95



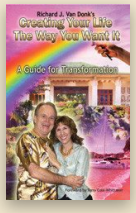
Tendai: An Introduction
The fountainhead of Japanese Buddhism and home of Mikkyo: history, teachings and practices.
$34.95



Ritual of Fudo Myo-o
The Tendai ritual for attaining Fudo-Shin, the immovable mind, with 65 illustrations of the mudras.
$24.95



Mikkyo: Goma Fire Ritual DVD
Rare film of the sacred Shingon fire purification ritual, performed for you to receive it.
$29.95



Creating Your Life the Way You Want It
Meditation, goal setting and taking charge of your own mind. The book that has transformed thousands of lives.
$19.95



For your practice

Infinite Way Meditation Pillow — $70 filled
Designed by Doshi in purple and gold with the embroidered Wheel of Light — $37 to fill yourself

Light Warrior Membership — $35
Enlightened Warrior Society certificate and Wheel of Light patch — $75 with coin

Store.Bushindo.com/spiritual-studies

LOOK YOUR BEST

Uniforms, Patches and Memberships

Wear your rank. Traditional black uniforms are used in Bujinkan Ninjutsu training. Everything here ships from Store.Bushindo.com.



Lightweight Uniform
Official IBDA black gi by ProForce
$62.95 to $84.95



Heavyweight Uniform
12 oz instructor quality, limited sizes
See the store



Bushindo Sword Uniform
With the 6-inch Wheel patch
$109.95 to $129.95



Eskrima Uniform
With the 6-inch back patch
$109.95 to $129.95



IBDA Dojo T-Shirt
Black, with the IBDA NIN logo and sword
$22.95 to $27.95



Eskrima Sport Shirt
Black polo with red trim
$29.95



Yellow and Green Belts
100% cotton, sizes 0 to 7
$9.95 each



Brown Belt
100% cotton, sizes 0 to 7
$7.95 to $9.95



IBDA NIN Shoulder Patch
Gold border, sword and 9 stars
$9



Kyu Patch · IBDA Deshi
Chest patch for 9th to 1st Kyu
$25



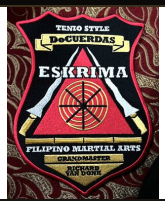
Dan Patch · IBDA Sensei
For IBDA 1st to 4th Dan only
$25



Bushindo Patch
Large 10 x 9.5 inch embroidered patch
$50



Wheel of Light Patch
"Infinite Way" embroidered patch
$10 (3 in.) · $24.95 (6 in.)



DeCuerdas Shield Patch
5-inch shield. 6-inch round patch $25
$20



Uniform Stars
White, yellow, silver or gold. Pack of 4
$5



Memberships
IBDA $40 a year. DeCuerdas Eskrima $25 a year
from $25

Uniform sizes. 3: to 140 lbs, 5'6" · 4: to 160 lbs, 5'9" · 5: to 180 lbs, 6' · 6: to 200 lbs, 6'4" · 7: over 200 lbs. State your size when ordering. **Gift certificates** are available in the store.



YOU ARE IN GOOD COMPANY

What Students Say

Many came to me already holding black belts in other systems. They started at white belt with me, and went further than they thought they could.

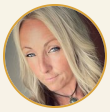


"He changed everything within me. Life is so much sweeter. I feel as if I have been re-born!"

Konsta Beck · 4th Degree Black Belt. Came in with a black belt, started over at white belt.

"This system has worked for me for over fifteen years, giving me the confidence and courage to live the life I dreamed."

Shidoshi Jerry Wideman · 10th Degree Black Belt, dojo owner



"My thought process and mentality are genuinely changing. If there is one person that sees my vision, it is you. Thank you again for these life-changing tools."

Beth Hall · Empowered Warrior student

"Doshi's arts have taken me and my martial art skills to a whole new level. I am a much better person from his guidance."

Ephraim Cheever · 5th Degree Black Belt

"Realistic training. Old school. A return to the roots of Ninjutsu. No wimpy training. This is what the art was always meant to be."

Dan McAuley · 4th Degree Black Belt

"I felt very lost on my path in life and Doshi Richard Van Donk has helped set me on the right course. Everyone should be this lucky!"

Shihan Brian Lee Sumpter · 10th Degree Black Belt

"I am enjoying the training in the Empowered Warrior and White Tiger programs. I am definitely in the right place!"

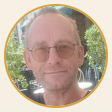
Michael Nickels · Empowered Warrior & White Tiger

"In studying the Eskrima course it dawned on me how really good you are! I just wanted to thank you for your teachings."

Bobby Dunford

"I finished the Shidoshi course book. You created this in the best way I have ever seen. You are the best teacher!"

Chris Zapior



"Doshi, to my humble opinion you are such a Ninja, becoming an important teacher in my life."

Arnout Griepsma · 1st Degree Black Belt

"Richard is the happiest person in the Bujinkan." **Soke Masaaki Hatsumi, Japan**

Individual results vary with your own practice. Read more at stories.bushindouniversity.com

CHECK OFF WHAT YOU HAVE. SEE WHAT COMES NEXT.

Study Checklist and Price List

Empowered Warrior

☐ 8 Secret Powers Study Guide + Video	Free
☐ 8 Secret Powers: 9-Day Practice	$37
☐ Empowered Warrior Dojo, monthly	$247/mo
☐ Empowered Warrior Dojo, annual	$2,497/yr

Mentoring & Private Sessions

☐ White Tiger Inner Circle, 1 year	By application
☐ Private Session, half hour	$200
☐ Private Session, one hour	$400
☐ Day with Doshi	$2,495
☐ 2 Days with Doshi	$4,975

Ninjutsu Courses

☐ Ninja Way Course	$97
☐ Shodan Black Belt Course, online + binder	$397
☐ Shodan Course with DVDs	$447
☐ Shodan Course, all ranking included	$1,497
☐ Black Belt Instructor Certification	$2,497
☐ Nidan: Gyokko Ryu Course	$347
☐ Sandan: Shinden Fudo Ryu Course	$347
☐ Yondan: Takagi Yoshin Ryu Course	$347
☐ Budo Taijutsu Course	$347
☐ Shidoshi Teacher Training Course	$347
☐ Any of the five above, with DVDs	$447
☐ Masters Course, online only	$1,997
☐ Masters Course, binders + online	$2,997
☐ Masters Course, binders + DVDs + online	$3,497
☐ Ninja Weapons Course, online	$197
☐ Ninja Weapons Course with DVDs	$247
☐ Ninjutsu Made Easy Course, online	$149
☐ Ninjutsu Made Easy, 6 DVDs	$159.95
☐ IBDA Membership	$40/yr

Video Library

☐ Single titles, online	$29.95
☐ Single DVDs, store	$24.95 to $34.95
☐ Mastering Ninjutsu Series, 5 DVDs	$125
☐ Warrior Secrets Tai Kai, 8 DVDs	$159.95
☐ Tai Kai 2013, 2014, 2015	$24.95 each
☐ Getting Out of Tough Situations DVD	Free + $3.95 S&H

Sword

☐ Sword Masters "All In" Course	$997
☐ Sword Specialist Course	$397
☐ Sword Secrets	$37
☐ Sword Training Basics	$27
☐ Bushindo Sword Uniform	$109.95 to $129.95

DeCuerdas Eskrima

☐ Complete Black Belt Course, online	$347
☐ Black Belt Course with DVDs, online	$447
☐ Black Belt DVD Course, store	$379
☐ Levels One to Four, online	$79 each
☐ Training Manuals	$29.95 each
☐ All four manuals	$97 / $99.95
☐ Eskrima Association Membership	$25/yr

Inner Arts & Spiritual Path

☐ Living the Spiritual Path Course	$127
☐ Optimal Life Mastery System	$497
☐ Body & Health Rejuvenation	$29.95 / $34.95
☐ Sati Mikkyo Complete Course	$247
☐ Kuji, Mikkyo, Buddhism, Tendai Daily Practice	$39.95 each
☐ Tendai: An Introduction	$34.95
☐ Ritual of Fudo Myo-o	$24.95
☐ Goma Fire Ritual DVD	$29.95

Books

☐ Shodan No Maki, all three books	$94.95
☐ Shodan Book, Level One, Two or Three	$34.95 each
☐ Ten Chi Jin Training Manual	$59.95
☐ History of the Schools of the Bujinkan	$29.95
☐ Creating Your Life the Way You Want It	$19.95
☐ Togakure Ryu Ninpo Taijutsu	$49.95
☐ Sengoku Ninpo Zukan	$34.95
☐ Bojutsu · Hanbojutsu translations	$29.95 each
☐ Ninja Submission · Sojutsu translations	$24.95 each

Prices as listed on BushindoUniversity.com and Store.Bushindo.com, November 2026. The websites always carry the current price.

START TODAY

How to Enroll

1. **Choose your path**
   Use Where to Start on page 3, or call or text us and we will help you choose.

2. **Online courses**
   Enroll at BushindoUniversity.com. Instant access on computer, phone or tablet. Klarna and Afterpay payment plans at checkout on the larger courses.

3. **Binders, books, DVDs and gear**
   Order at Store.Bushindo.com, any hour of the day. We have shipped to over 138 countries.

4. **The Empowered Warrior Dojo**
   Join at BushindoUniversity.com/empowered-warrior-dojo

5. **Mentoring**
   Apply at BushindoUniversity.com/WhiteTigerInnerCircle. I answer within 72 hours.

30 Day money-back guarantee on every offer. 90 days on the Empowered Warrior Dojo. I only want happy students.



Bushindo University

PHONE OR TEXT	**707-987-9322**
E-MAIL	**info@bushindo.com**
HOURS	**9 am to 4:30 pm Pacific, Monday to Friday**
MAIL	**P.O. Box 296, Middletown, CA 95461 USA**
ONLINE UNIVERSITY	**BushindoUniversity.com**
STORE	**Store.Bushindo.com**
SUCCESS STORIES	**stories.bushindouniversity.com**
TRAIN WITH ME DAILY	**Facebook group NINJUTSU - BUDO TAIJUTSU · YouTube @ninjutsucom · Instagram @doshirichardvandonk**

Keep persevering, and enjoy your training. See you in the Dojo.

心　技　体　一

LIVE YOUR MOST OPTIMAL LIFE

Be stronger, healthier, mentally clear, spiritually connected, with unbeatable martial skills. I share the arts as a way of life. Study with me.

Doshi Richard Van Donk

YOUR FIRST STEP IS FREE.

Get the 8 Secret Powers study guide and video training at

BushindoUniversity.com/empowered-warrior-registration

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