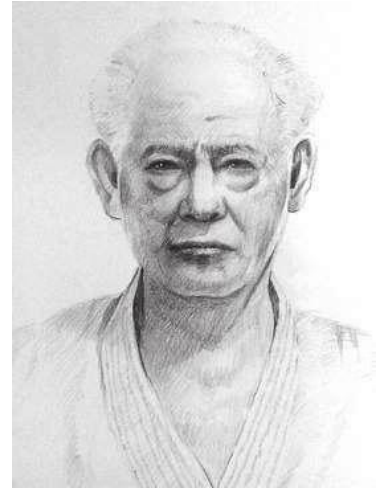
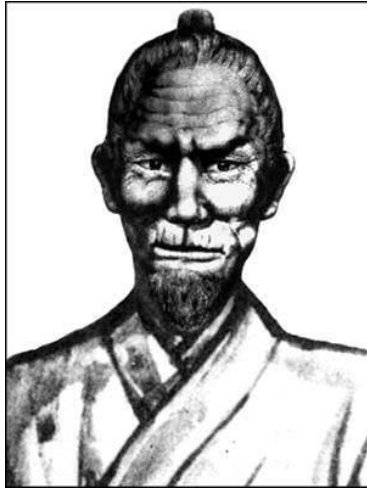




松祖伝古武館
MATSUSODEN KOBUKAN

Matsumura Family Kobujutsu Home Study Course

琉球古武術



Student Information Handbook

GENERAL INFORMATION

MEMBERSHIP POLICY

All students are required to be individual members of the Matsusoden Kobukan Bujutsu Renmei in order to be eligible for rank advancement. There is a onetime fee of \$50 per student and includes the membership card and patch. **One membership is included with your course.** More than one individual may use this course; however, additional students must purchase their own \$50 membership separately.

PROMOTION EXAMINATIONS

Promotion in this course is strictly optional. When the student feels he or she has mastered the requirements, they may submit a video of themselves performing the eight Katas contained on Volumes I through 4 of the Digital Media. Upon successful completion of the examination, the student will be awarded a Shodan (1st Degree) Black Belt in Ryukyu Kobudo for the Matsumura Seito Kobujutsu System. This is a KATA certification course only. **If a student wants to learn the self-defense applications in Kobujutsu, they must take private instruction online with Kyoshi Poitras.**

It is preferred that test submissions are sent as You Tube links emailed to the federation. However, students may also book online through live streaming the RONIN Virtual Dojo at KOBUKANVD.COM or to the Federation Headquarters if they prefer. All tests will be reviewed and graded by our black belt staff. Promotion certificates as well as critiques will then be mailed to the student. Correspondence via email and phone calls are encouraged if the student has any questions or needs help in studying the material.

The fee for the Black Belt Certificate is \$250.

There is no time limit to complete the course, train at your own pace.

POINTS OF CONTACT

Mailing address:	Matsusoden Kobukan POB 2398 Oak harbor, WA 98277
Phone:	360-303-5994
E Mail:	matsusodenkobukan@gmail.com Kyoshi@kobukanvd.com
Website:	www.kobukanvd.com

Matsusoden Kobukan Kobujutsu Home Study Course

The Matsusoden Kobukan presents the **Matsumura Family Kobujutsu Home Study Course**.

The martial arts of Okinawa include both weapons and empty hand methods of self-defense as inseparable components of these indigenous combative arts. The Okinawan ancient weapons are an extension of the empty hand techniques. The weapons practice improves and strengthens your empty hand performance and further develops an understanding in the use of these weapons, which enhances your ability to defend against them with other weapons or empty hand techniques.

The Matsumura Family Kobujutsu Home Study Course is presented in an easy to follow, multi view, narrative walk through, including basic techniques (Kihon Waza) of the following weapons forms:

Bojutsu:

- Matsumura Bo Shodan
- Matsumura Bo Nidan
- Matsumura Bo Sandan
- Chikin no Kon (Tsuken Bo)

Tonfajutsu

- Soken No Tonfa Shodan
- Soken No Tonfa Nidan

Saijutsu

- Soken no Sai Shodan
- Soken no Sai Nidan

Upon successful completion of all the training material with diligent practice, you will be eligible to test for promotion to 1st degree black belt in Matsumura Family Kobujutsu with the Matsusoden Kobukan Bujutsu Renmei (Matsusoden Kobukan Martial Arts Federation).

Volume I Matsumura Bojutsu

Bojutsu Jumbi Undo (Handling and warm up exercises)

Bojutsu Hojo Undo (Basic technique exercises)

Bojutsu Kihon Waza (Basic Techniques and Sequential Movements)

Bojutsu Kata: Matsumura Bo Shodan

Volume II Matsumura Bojutsu

Bojutsu Kata:

Matsumura Bo Nidan

Matsumura Bo Sandan

Chikin No Kon

Bonus Kata: Matsumura Bo Dai Ichi

Volume III Matsumura Tonfajutsu

Tonfajutsu Jumbi Undo (Handling and warm up exercises)

Tonfajutsu Hojo Undo (Basic technique exercises)

Tonfajutsu Kihon Waza (Basic Techniques and Sequential Movements)

Tonfajutsu Kata:

Soken No Tonfa Shodan

Soken No Tonfa Nidan

Volume IV Matsumura Saijutsu

Saijutsu Handling and Safety Information

Saijutsu Kihon Waza (Basic Techniques and Sequential Movements)

Saijutsu Empty Hand Demonstration of Kata

Saijutsu Kata:

Soken No Sai Shodan

Soken No Sai Nidan

This program is designed to be a **Kata Only certification program**. Although self-defense applications will be discussed, they are not required for promotion. Students are encouraged to explore each kata in detail to discover their hidden combat applications.

Home study students are encouraged to stay in close contact with Kyoshi Poitras during their training. This to ensure you receive the proper guidance and correction necessary for successful study of the training material. Do not hesitate to ask questions via email or telephone calls.

Matsumura Kobujutsu Home study Course Curriculum

Bojutsu Junbi Undo

1. Gripping
 - Farmers Grip
 - Serpentine Hand
 - Double Overhand Grip
 - Over / Under Hand Grip
2. Holding
 - Centered, Displaced Left, Displaced Right
3. Sliding Side to Side
 - Font and Back
 - Front and Back Alternating Sides
 - Vertical up and Down
4. Wrist Turns
 - a. Rotate inside.
 - b. Rotate outside.
 - c. Rotate Forward
 - d. Rotate Rearward
5. Figure 8
 - a. Two hands
 - b. One hand (Left and Right)
 - c. Alternating Hand
6. Transferring
 - a. Body Rolling
 - b. Figure 8
7. Stretching
 - a. Shoulder
 - b. Hips
 - c. Chest
 - d. Back

Bojutsu Hojo Undo

1. Cross cut strike
2. Horizontal Strike
3. Vertical Strike
4. Low Sweeping Block
5. Reverse Block
6. Upper Cut Strike
7. Down Strike
8. Thrusting Strike
9. Reverse Thrusting Strike
10. Sliding Poking Strike
11. Reverse Sliding Poke
12. Fanning Block (Figure 8)
13. Circular Block
14. High Block
15. Vertical Circling Block
16. Circular Outside Block
17. Downward Poke
18. Half Fanning Block

Bojutsu Kihon Waza

1. Vertical Block, Cross Step and Thrust
2. Figure 8 Blocking and Cross Cut Strike
3. Reverse Upward Block and Down Strike
4. Cross Cut Strike and Vertical Circling Block
5. Circular Block and Poke
6. Horizontal Strike and Cross Cut Strike
7. Side Horizontal Strike and Cross Cut Strike
8. Uppercut and Down Strike
9. Upper cut and Down Strike Transfer
10. Circular Outside Block and Rear Downward Poke
11. Downward Sweep and Downward Thrust
12. Horizontal Side Strike and Vertical Block
13. Downward Sweep and Vertical Circular Block
14. High Horizontal Block, Middle Horizontal Block, Low Horizontal Block
15. Half Fanning Block, Circular Block and Thrust
16. Alternating Sliding Thrust.

Tonfajutsu Junbi Undo (Supplementary Warm up Exercises)

1. Gripping
 - a. Honte Mochi (Natural Grip)
 - b. Gyakute Mochi (Reverse Grip)
 - c. Tokushu Mochi (Special Grip) *
2. Spinning
 - Clockwise (horizontal)
 - Counterclockwise (Horizontal)
 - Forward (Vertical) Outside
 - Reward (Vertical) Inside
 - Forward (Vertical) Inside
 - Reward (Vertical) Outside
 - Figure 8
3. Braking (12, 3, 6, 9 o'clock positions)

Tonfajutsu Hojo Undo (Supplementary Exercises)

4. Flipping
 - a. Outside
 - b. Inside
 - c. Back
 - d. Down
 - e. Figure 8
 - f. Reverse
 - g. Reverse inside-down outside.
 - h. Horizontal across

*Not covered in this course of instruction

Tonfajutsu Kihon Waza (Basic Techniques)

1. Middle Strike (natural and reverse grips)
2. High Strike (natural and reverse grips)
3. Low Strike (natural and reverse grips)
4. Double strike (natural and reverse grips)
5. Reverse strike (natural and reverse grips)
6. Inside Block
7. Outside Block
8. Low sweeping Block
9. Augmented block
10. Overhand flip strike
11. Underhand Flip strike (Uppercut)
12. Roundhouse strike

13. Reverse roundhouse strike
14. Figure 8 strike
15. Downward strike
16. Reverse Sweeping block
17. Back hand flip strike
18. Reverse Flip Strike
19. Overhand flip strike
20. Reverse back flip strike
21. Roundhouse strike
22. Reverse roundhouse with back outside flip.
23. Middle crossing block

Saijutsu Jumbi Undo

1. Gripping
 - a. Natural Grip (Honte Mochi)
 - b. Reverse Grip (Gyakute Mochi)
 - c. Special Grip (Tokushu Mochi) *
 - d. Braking and Releasing
 - e. Spinning

*Not covered in this course of instruction.
2. Kihon Waza (Basic Techniques)
 1. Middle strike
 2. Reverse strike
 3. Double strike
 4. High Strike
 5. Low strike
 6. Middle outside block
 7. Middle inside block
 8. Augmented outside block
 9. High Rising block
 10. Low sweep (block)
 11. Circular hooking block
 12. Inside flip
 13. Horizontal flip strike
 14. Vertical flip strike
 15. Overhead strike
 16. Outside horizontal strike
 17. Inside horizontal strike
 18. Middle thrust (Stab)
 19. High thrust (stab)

20. Low thrust (stab)

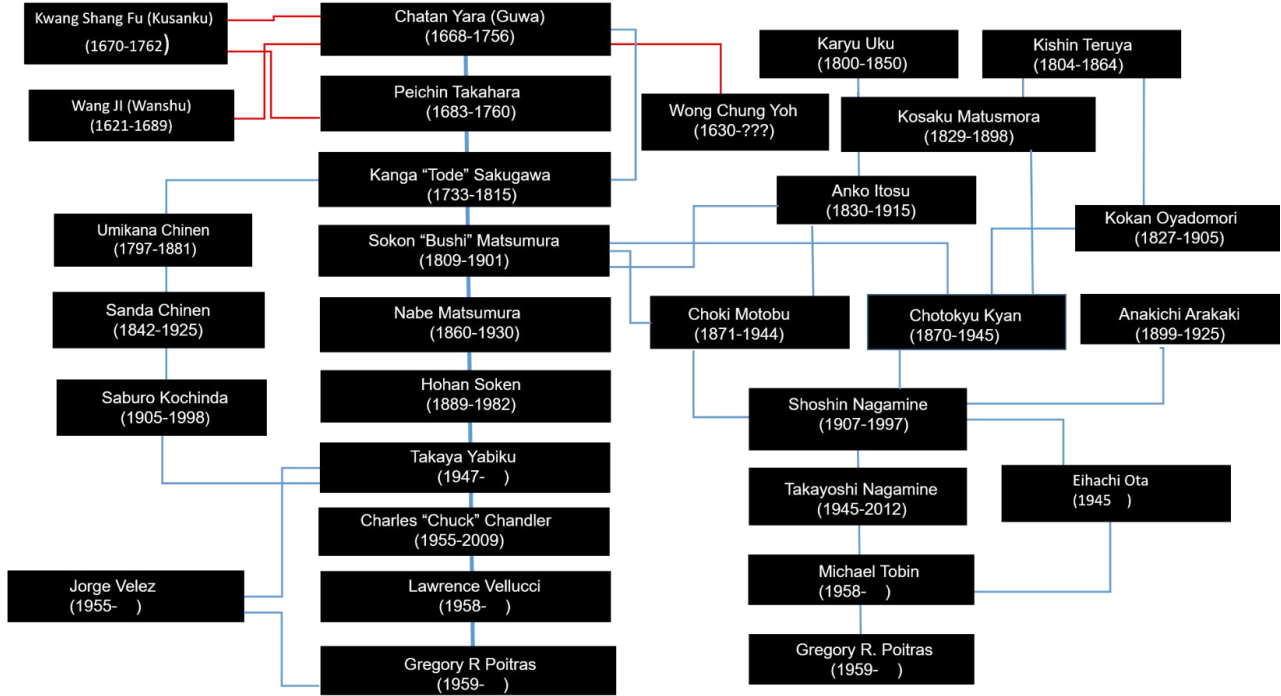
Matsusoden Kobukan Bujutsu Renmei

Matsumura Seito Shorin Ryu

Matsubayashi Ryu

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EMBLEM: The name “Matsu” comes from the Bushi (warrior) Matsumura Sokon and Matsumora Kosaku who were both influential in creating the fighting styles known as Shuri Te and Tomari Te. The term “So” means original and “Den” means transmission or teachings. Thus, we have the literal translation meaning “Original teachings of Bushi Matsumura and Matsumora”. Kobukan is made up from three words; Ko (ancient) Bu (Martial) and Kan (house) which literally translates to mean “House of the Ancient Warrior”.

The crest or “Patch” is symbolic and representative of the style. Purple and gold are the royal colors of the Ryukyu Kingdom. The Mitsu Tomoe is comprised of three spheres in orbit around the earth, which represents the unification of mind, body and spirit. The Yin/Yang relationship used represented by the rotation of the spheres is symbolic of the cycle of energy concepts. The symbol also represents the Royal Crest of the Ryukyu Kingdom. The “Hash tag” symbol represents the family Crest of Kyan Chotoku, one of the leading masters to transmit the teachings of Sokon Matsumura and Kosaku Matsumora. The hakutrusu (white crane) stands for the underlying principles, concepts and fighting style in Okinawan martial arts and the highest level in Matsumura Seito Shorin Ryu Karate transcending from the Ancestral Crane Chi (energy forms).



EMBLEM: The Ryukyu Kobujutsu crest or “Patch” is symbolic and representative of the style of weapons indigenous to the island of Okinawa Japan. Purple and gold are the royal colors of the Ryukyu Kingdom. The Mitsu Tomoe is formed of three spheres in orbit around the earth, which stands for the unification of mind, body, and spirit. The Yin/Yang relationship used represented by the rotation of the spheres is symbolic of the cycle of energy concepts. The symbol also represents the Royal Crest of the Ryukyu Kingdom. The clenched fist and paired Sai are symbolic of Karate (empty hand) and the weapons used in combat and self-defense being inseparable. The Chrysanthemum is symbolic of Japan and the national flower. The kanji inscription reads: “Ryukyu Kobujutsu” and “Okinawa Budo”, Ancient Martial Arts of The Ryukyu Islands and Okinawan Martial way.