



KLiC Activity Scenario Template – Informal Setting

Activity title:

Ninjutsu Fundamentals

Subject:

Informal Sports Activity

Athlete age:

All Ages

Estimated duration:

75 minutes (excluding setup time)

Learning content

- 10 minute warm up
- teaching of punches, kicks, stances and throws
- practice kata
- training exercises
- optional pad work or sparring
- stretches to finish
- 15 minute lesson review

Learning objectives

The aim of the lesson is to advance the athletes skills and techniques through the use of the SensVest technology. Following the lesson additional time is granted to convey the wearer's performance to all the athletes as well to any observer.

Inquiry-based character (if applicable)

During the course of training the athletes may find themselves in a position where they're unsure to why or how a technique should be employed. For example a athlete may ask at what instance would a roll towards the opponent be necessary? In this instance the answer would be to avoid an attack and to prevent your opponent blocking your own.

Applied technology (if any)

KLIC SensVest with wrist and ankle accelerometers and base station with a Laptop and projector.

Materials needed (if applicable)

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505519-LLP-1-2009-1-GR-KA3-KA3MP

Floor mats, Gi (clothing worn by athletes and trainer)



Description of Activities

Summary

At the beginning of the lesson the athletes will be set to warm up their muscles, through a series of stretches, to avoid injure. Following this, the athletes will be demonstrated to by the ninjutsu master the lesson's basic techniques, which will include punches, kicks, blocks and mid air strikes. During these exercises where athletes practice the techniques, one of the athletes will be wearing the SensVest kit and their data will be recorded.

While the athlete wearing the SensVest kit is practicing, it will be explained to observers what is happening, by discussing the athlete's movements and in terms of the output data. During this explanation if any observers have any questions or need clarification of understanding for the output data this will be followed up at the end of lesson discussion.

After the performance of the athletes "Kamae no Kata" the SensVest will be removed from the athletes to prevent damage.

At the end of the lesson, after the athletes have finished their stretches, everyone will be given a talk on the performance of the SensVest technology worn by the demonstrating athlete. Explanations of how the output data is to be read will be given. This will be followed by answering of any questions. After the talk, the athletes, observers and trainer will then be requested to fill in a questionnaire which will be about their satisfaction of what they learnt while the SensVest technology was used.

Lesson Guidelines:

10 minutes	Warm ups
5 minutes	Demonstration of the Kamae no Kata for the athletes
10 minutes	During the teaching of new techniques the athletes will be shown: <ul style="list-style-type: none">- The "Ichimonji no Kamae" stance- The "Ryote Zenpo Kaiten", a forward roll both hands- The "Mae Kaiten", forward roll
20 minutes	Training Exercises
5 minutes	Stretches to finish
15 minutes	Discussion about the results from the SensVest data. Explaining where athletes can improve their skills followed by a quick questionnaire for any observer, athlete and trainer to fill in making it clear in the feedback what they have learnt from the discussion.

The Ichimonji no Kamae:

Project Number

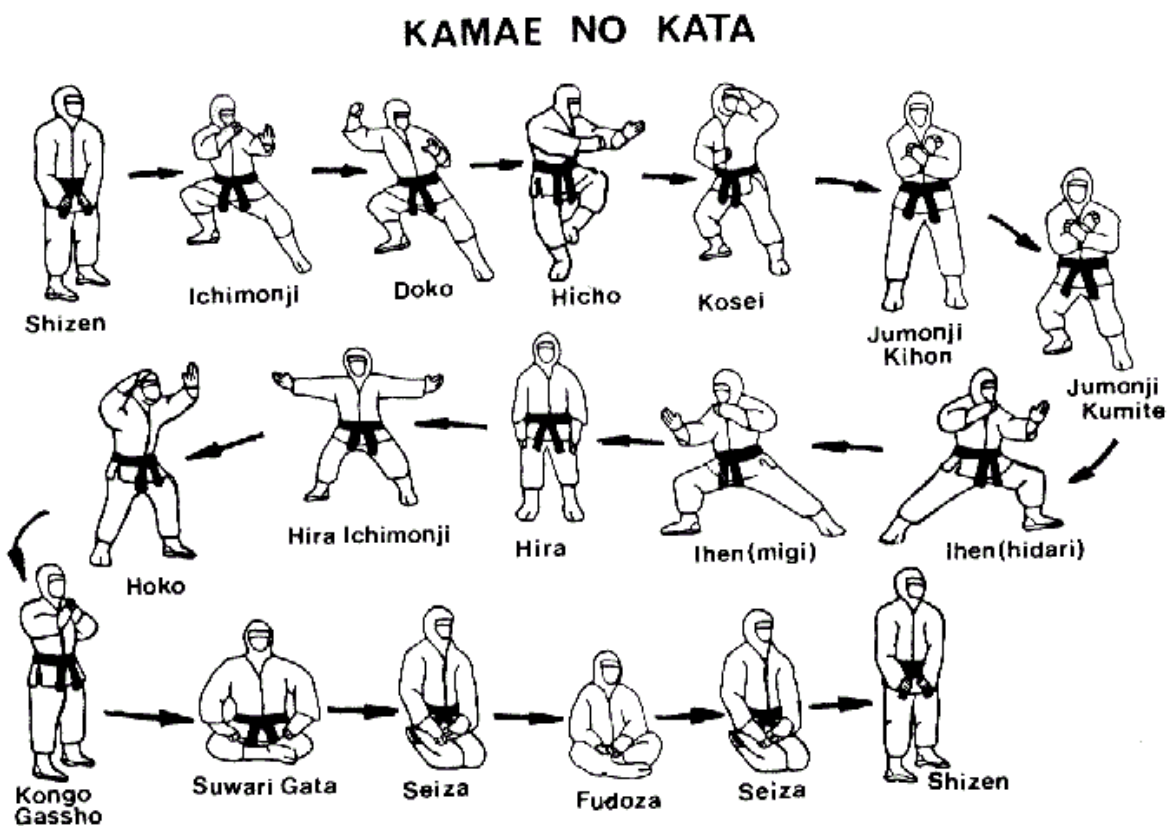
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At its most basic level, this technique introduces the concepts of “Tori” (defender) and “Uke” (opponent). It instils the elements of trust needed between training partners where they become responsible for each other’s safety; this is the first essential point (Kosshi). Secondly, if you train without the right intention, you will learn nothing and you will fail in your pursuit of real Japanese martial arts.

“Kosshi” are specialised techniques dealing with nerve or pressure point attacks and bone breaking, among other things.

The form “Ichimonji” itself introduces the concept of Kamae (posture) in combat. Both training partners will commence the technique from “migi Ichimonji no Kamae” (right side stance) as opposed to “hidari Ichimonji no Kamae” (left side stance). From this Kamae it can be seen how it can be freely adapted to a typical “Segan no Kamae” while holding a weapon. At this stage, Kata developed is concentrated on the physical application of the various stages of the technique. Tori is taught the basic “tskui” (punch) form from Ichimonji no Kamae. Uke is taught how to block “Jodan Uke Nagashi” (head area block) and how to counter attack through the use of “Omote Shuto” (neck strike). Although different application, the main movements should be familiar from “Sui no Kata” form from the practice of “Sanshin no Kata”. From this basic level the athlete has learned how to take Kamae, block and attack and counter strike. In addition, the athlete has learned the importance of moving off the line of attack, the transition of Kamae (ichimonji/doko) and how to execute four basic Kosshijutsu applications of combat i.e. Fudo Ken Tsuki, Tai Sabaki, Jodan Uke Nagashi and Omote Shuto.



Above diagram of “Kamae no Kata” shows the flow of the postures with Ichimonji being one of the earliest.

For the advancement of any athlete being able to perform the Ichimonji no Kamae, Doko no Kamae or any other Kamae no kata they first must be able to perform the basic movements. This is a long term training process and many athletes of Ninjutsu do not progress much further than these basic moves within the first year of study. Through the use of the SensVest technology, the demonstrating athlete can be monitor in their performance and it can be seen if they're able to correctly hold the Kamae

Ryote Zempo Kaiten

Ryote zenpo kaiten (both hand forward roll) is one of the basic methods of evasion when performing Ninjutsu, it can be used to rapidly increase or decrease distance between the Tori and Uke. When a athlete learns this move for the first time they will crouch on the floor then from their perspective lay both hands on the floor in the shape of a "T". The right hand will be used to make the top of the "T" where as the left hand will be used to make the stem. From there the athlete will tuck their head down, supplying ample protection for the neck, and roll forward over their right shoulder aiming to finish the roll in a crouching position. Initially athletes will be taught to do this move slowly and with practice they can become quicker and more precise. Eventually athletes will be able to perform this move while jumping and landing into the roll. For the Ryote Zempo Kaiten, the demonstrating athlete can wear both accelerometers on their wrists and their performance monitored to how well they perform the roll as the SensVest technology can accurately collect the movement data.

Mae Kaiten

Mae kaiten is the forward roll. This move is a similar move compared to the gymnastics forward roll but with a simple difference, the hands are facing each other rather than forward. When in a crouch position placing both hands forward in front of you, and having the fingers of your right hand over the fingers of your left hand, tuck your head down to protect your neck and proceed to roll forward. During the roll the hands move to push the athlete with more stability. The move then ends with the athlete still in the crouch position. This move is also used to evade the attack of an opponent and because of the positions of the limbs it can be used to move in smaller distances than with the Ryote Zempo Kaiten. During the lesson markers can be used by the trainers to aid the athlete in rolling to the distance more accurately. Later the athlete can be taught how to perform this roll without the need of using their hands.



Above diagram shows the Mae Kaiten at a more advanced level

Training Exercises



Once these basic moves have been taught by the trainers athletes are then set up into pairs where they then practice with each other with the moves they have learnt during the course of the lesson. If there is any assistance that is required to be given to the athletes the trainer will be observing the athletes performance and correct them if they need to be. Alternatively if a athlete is struggling they may be taught a variation of the technique to resolve any issue they're facing.

e.g. The athlete is having difficulty doing a Migi Ryote Zenpo Kaiten (right stance both hand forward roll) because the athlete's dominant hand is their left. The trainer may have the athlete perform a Hidari Ryote Zenpo Kaiten (left stance both hand forward roll), as the result is the same but the method is different.

SensVest Discussion

After the athletes will have completed the lesson material a 15 minute discussion will be held to explain how the athletes can improve their performance with the use of the SensVest Technology. When a single athlete is wearing the SensVest with the wrist and ankle accelerometers the data will be captured and translated into a graph showing the X, Y and Z of the accelerometers. Indicating to the class what the orientation of the accelerometer when placed on the athletes body, the class will then be shown that when the athlete moves his arm forward the respective axis will show a spike of movement. Through this it can be show how much force a athlete is putting into the movements and what direction it is travelling in.

Glossary of Terms

Kamae – Posture.

Ichimonji no Kamae – First Posture.

Doko no Kamae – Angry Tiger Posture.

Kaiten – roll.

Migi – right.

Hidari – left.

Ryote Zenpo Kaiten – both hand forward roll.

Mae Kaiten – forward roll.

Tsuki – punch.

Nagashi – block.

Jodan Uke Nagashi – head area block.

Omote Shuto – neck strike.

Kosshi, Kosshijutsu – nerve based technique.

Gi – traditional martial arts attire, commonly loose fitting trousers, shirt and a coloured belt dependant on your grading.

Image References

<http://www.bujinkan.ikkan.dojo.20m.com/images/kamae.jpg>

http://www.sportsclick.jp/combat/05/images/photo01_04.jpg



Assessment (if applicable)

During the entire lesson the trainer is required to observe all the athletes individually and assist them in their performance of their training exercises. If at any point the trainer identifies that the athlete isn't performing the technique correctly they have the opportunity to direct the athlete to perform the technique differently.