



TEACHING WHAT IS USEFUL -  
DISREGARDING WHAT IS USELESS...



FUN • FITNESS  
SELF DEFENCE • SELF AWARENESS

For Men, Women and Children of all ages.  
Great for mind and body.

First 2 classes are **FREE**

**Heian Do** - "Way of Tranquility"  
**Bu Jutsu** - "Fighting Arts" **Ryu** - "school"

At HDBJ we don't limit ourselves to mastering just one style of martial art like Karate or Judo clubs - instead we take what we have learned in the many years of training with multiple professional teachers and mix a blend of practical martial arts styles that works for each situation - Bu Jutsu.

**What we teach** - Initially we teach our students an ancient Chinese form of striking using hand and foot techniques called **Te Jutsu**, striking with the upper arms, elbows, forearms, hands, fingers, knees, and feet. Te Jutsu helps us with both attack and defence and forms a basis for entering into our second defensive art: Aiki Jutsu.

**Aikido** is the Japanese 'Harmonising Art' and is generally used to control an opponents attack by turning his own force against him without using opposing force, like fighting without fighting. Aikido can be extremely effective even when done with minimal effort and involves movement, rolling, throwing, sacrifices, counters, locks, balance and joint manipulation and is ideal for small and slim build students.

**Ju Jutsu** covers everything from ground fighting, throwing, break-falls, arm, leg and body locks, holds, restraints, counters and grappling. Taught extensively to the Armed Forces we concentrate initially on the defensive side of Ju Jutsu - after all we are first and foremost a School for 'Self Defence' not 'Offence'.



Movement



Te Jutsu







We also draw techniques from Karate, Judo, Kendo, Jo Jutsu, Iai Jutsu, Eskrima, Boxing & Tai Chi.

Although Martial Arts were used primarily by warriors and soldiers we can also use the Arts for many other reasons; health and fitness, flexibility, self defence, traditional interests, weapons training, mental co-ordination, etc. but most of all it should be part of your lifestyle - therefore we ensure that it's also a whole lot of fun!

The student will learn self confidence, self awareness, communication skills, team building, good moral standards, respect, etiquette and even some basic Chinese and Japanese language. In your class your fellow students are also here to learn basic skills, they will help you and will become your friends, some even as close as your family.

**Association:** Heian Do Bu Jutsu lends it's roots to Ronin Martial Arts who named the style of Ai Shin Do back in 2008. Ronin has dōjōs in South Auckland as well as other 2 other affiliated clubs in NZ since 1996. We are all part of the **Academy of Self Defence Association** and as such we share instructors and ideas and we can train at each others clubs for a set mat fee.

**Grading** for students is not compulsory but does engender a sense of accomplishment and wellbeing. The first grading; 10th kyu (white belt) is assessed after 10 hours of classes by qualified instructors, and a certificate is issued. Yellow to Green belt gradings are generally done on a 3 monthly basis (36 hours of training) although some students will advance quicker than others if they attend more classes or practice more at home and are more adept - Junior gradings take 2 hours and a certificate will be issued to successful applicants.

Blue to Brown belt gradings are generally done on a 4 - 6 monthly basis (60 hour intervals of training) and are carried out over 4 hours and are assessed by 2 instructors.

### **Fees for all students**

Yearly Member Registration Fee must be paid in advance at the beginning of the year by cash, cheque or Automatic Payment.

Adult Classes are based on the art of Bu Jutsu: 3 classes per week available to learn Aiki Jutsu, Te Jutsu, Ju Jutsu and weapons self defence.

Kids learn Te Jutsu to Blue belt level then Aikido is added to the syllabus,



Grappling



Ju Jutsu



Ju Jutsu



Aiki Jutsu

**Ju Jutsu and weapons** defence is added at brown belt level. All classes are taught by Black Belt instructors only - no junior teachers.

**Concession Cards** are used to pay-as-you-go rather than paying a flat monthly fee like a gym, so you only pay for classes you attend.

**Casual Fees** are available at a higher rate for non members who haven't paid Yearly Registration fees.

**Classes start promptly**, please be there 10 mins before starting time. Parents may leave their children and return before the end of class if they wish.

**Equipment and Uniforms** are available through the club. Price list on request or visit the SHOP page online. New students may wear loose track pants and a white T-Shirt.



### Home & Street-Smart Self Defence

Do you feel safe at home or on the street?  
Ask about our Self Defence classes, courses for individuals and groups - discounts for 5 or more.  
BOOKINGS ESSENTIAL only \$20 pp  
for a two hour class.

**!! This is basic self defence that works !!**



### Kids Te Jutsu

5 - 13 year olds.

Great for team building, confidence & learning Self Defence. Meet new friends. New Students regain their lost agility and flexibility from hours sitting in front of a TV.

Co-ordination, balance and interaction with other children teaches respect for other students and teachers. Learn life skills that can't be gained from a gym - certified grading by qualified instructors.



### Colts & Adults Bu Jutsu

14 - 65 year olds learn Te Jutsu, Aikido and Ju Jutsu, self defence and understanding of weapons; Buki Jutsu.

Also flexibility, agility, health and co-ordination. Team building, respect and people skills.

Certified recognition of progress by certified instructors who are qualified in all aspects of your training. All ages for all abilities, men and women.



**Bring A Friend** - Invite a friend along for a FREE class and if they join our club for one month or more you will both receive 2 extra FREE classes.



Yours Sincerely Sensei Mark Grogan  
Club Instructor Heian Do Bu Jutsu Ryu  
Manukau Dōjō  
Ph: 09 262 0303 Mob: 021 627 901

**3rd Dan - Ai Shin Do Bu Jutsu**

**Ikkyu - Chidokan Karate Do**

**Nikkyu - Buki Jutsu**



## Student Fees

**First 2 lessons FREE** \$ 00.00

### Heian Dojo Annual Registration & Affiliation

First year \$ 50.00  
Second year \$ 40.00  
Third year \$ 30.00

### REGISTERED STUDENT CLASS FEES

**A Adult Pay per class** \$ 10.00  
**STANDARD CONCESSION CARD 10 classes** \$100.00

**C Colts Pay per class 11-18yo** \$ 8.00  
**STANDARD CONCESSION CARD 10 classes** \$ 80.00

**K Kids Pay per class Child 5 -10** \$ 7.00  
**STANDARD CONCESSION CARD 10 classes** \$ 70.00

**2F 2 Family members** (each)\$ 9.00  
with same surname total per class: \$ 18.00  
**Concession Card 10 classes** \$ 90.00

**3F 3 Family members** (each)\$ 8.00  
with same surname total per class: \$ 24.00  
**Concession Card 10 classes** \$ 80.00

**4F 4 Family members +** (each)\$ 7.00  
with same surname total per class: \$ 28.00  
**Concession Card 10 classes** \$ 70.00

### CASUAL FEE - Non Registered Members

Pay per class \$ 15.00

**ASDANZ Registration included** \$ 30.00

### ASDANZ Registered Member Dojo Classes

'Pay at Door' per class \$ 10.00

Cash or Direct Credit to:

**Mark Grogan** T/A Bytemarx  
**Bank Acc:** 02 0240 0026226 00

### Club Branded white T-shirt



## Uniform Price List

### Uniform (Gi) CORE BLUE brand beginner karate White cotton lightweight imported 9oz drill Gi

This uniform is good for junior beginner Te Jutsu but is very thin - becomes transparent when wet. Expected life span 3-5 years. Not recommended for excessive grappling or pulling. Ideal for beginner kids and colts.

**Set includes Jacket, pants + belt, 2x badges**

Size 00 set \$ 70	Size 3 set \$ 80
Size 0 set \$ 74	Size 4 set \$ 85
Size 1 set \$ 76	Size 5 set \$ 90
Size 2 set \$ 78	Size 6 set \$ 95



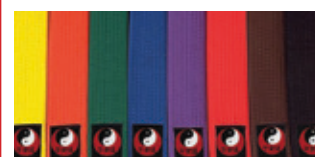
### Uniform 12oz CORE RED Heavy-weight 100% Brushed Cotton Karate gi

Adult beginner Te Jutsu/Bu Jutsu. Expected life span 5+ years medium training grappling and pulling.

Size 2 set \$ 150
Size 3 set \$ 155
Size 4 set \$ 160
Size 5 set \$ 165
Size 6 set \$ 170



White cotton NZ made  
**Belt All sizes \$15**



### Uniform 16oz CORE BLACK Heavy-weight 100% Brushed Cotton Jitsu/Aikido Gi - 9oz pants

Heavier weight senior Bu Jutsu. Expected life span 7+ years heavy training grappling and pulling.

Size 4 \$160
Size 5 \$170
Size 6 \$180



### Gi Badges - Breast and sleeve (ea)

\$20.00ea x2= \$40



# Heian Do Bu Jutsu Ryu

## Terms and Conditions

### Disclaimer:

Heian Do bujutsu Ryu will not be held responsible or liable for any lost or stolen personal items. Should you have any personal valuable items that must be brought to the dojo please hand them in at the beginning of class to the head instructor and retrieve them after class.

All new students must fill in a Registration Form before attending classes, including disclosure of any medical history that may affect or prevent his/her ability to train. This includes a disclaimer as shown below.

### Fees:

All Fees must be paid in advance and are Non-Refundable. A yearly registration fee is due payable at the beginning of your term that is forwarded on to Head Office of Heian Do Bujutsu Ryu .

Always ask for a receipt - this is your PROOF of PAYMENT.

Concession cards may be purchased for 10 classes - these cannot be transferred for cash or redeemed for goods. If lost or stolen please contact your Head instructor for tracing receipts and class attendance to see if you qualify for credit on a new card.

Direct credit banked monthly fees are non refundable - 6 monthly or yearly discounted fees may earn a refund upon viable termination terms only.

### Purchasing Uniforms and Equipment:

Uniforms and/or equipment must be paid for before it is ordered or delivered. Payment by cheque, cash or direct credit will be accepted. For bank details ask your Head instructor for a direct credit account number.

### Grading:

Students may only grade if certain criteria are met, these include but are not limited to:

1. All yearly Registration fees, Membership fees, Training fees, Grading fees have been paid and are up to date. New belts and certification will not be released to students until any outstanding monies have been settled.
2. The student has shown capable understanding of techniques and physical ability to perform these techniques adequately showing control of technique with the ability to keep himself and his 'uke' training partner, from harm.
3. The applicant may grade once assessed. If a grading is unsuccessful, the applicant may choose to reapply within the following 2 months without incurring a further charge. If the second attempt is unsuccessful the applicant must submit a new grading form and pay a further grading fee.
4. A student may be held in reserve of his grade at the instructors discretion until the applicant has shown sufficient improvement without the need to resit a formal grading.
5. At the Senior instructors discretion an applicant may be assessed and graded over several days without the need to sit a formal grading.
6. An applicant who has shown outstanding ability or comprehension may be awarded a grade ahead of time served. The standard grading fee and terms apply.
7. An applicant who has shown outstanding ability or comprehension may be 'double graded' where he/she advances on to a higher belt for the same one-off grading fee.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Please note that this application is to be completed by a parent or legal guardian if applicant is under 18 years of age).



# HEIAN DO BU JUTSU RYU

## Registration, Disclosure & Training Release Form

*In consideration of my application for membership to Heian Do Bujutsu Ryu New Zealand, I hereby accept all policies, procedures, ethics, standards, rules and regulations which have been established for the good of all members. I further release Heian Do Bujutsu and Ai Shin Do Bu Jutsu New Zealand, it's representatives, instructors, officers, agents and members from any and all liability regarding to claims, judgments or demands from any and all damages arising from accidents and/or injuries sustained in the practice of the martial arts. Furthermore I understand that my membership is for a fixed period (excluding casual members) and therefore by signing below realise that my membership fees are due every week/month or other pre-determined period. (Please see reverse side of this form for Terms & Conditions.)*

Name: \_\_\_\_\_ Rego Number: \_\_\_\_\_

Gender: ☐ Female ☐ Male Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Mobile: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

Other Martial Arts Experience (years/months): \_\_\_\_\_

Medical History: (Any medical conditions that may be agitated while training, i.e. Asthma, Back injury, etc.) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Please note that this application is to be completed by a parent or legal guardian if applicant is under 18 years of age).

[www.HeianDoBuJutsu.com](http://www.HeianDoBuJutsu.com)

For regular updates JOIN our page on Facebook



### For Office Use Only

**Membership Type: kids 2x 1hr classes per week / adults 2x 1.5 hr and 1x 1hr class per week**

- ☐ **K** Kids 5-12yrs \$7 per 1hr class ☐ **C** Colts 13-17yrs \$8 per class ☐ **A** Adult 18-60yrs \$10 per class  
☐ **2F** 2 Family members \$8ea/class ☐ **3F** 3 Family members \$7ea/class ☐ **4F** 4 Family members \$6ea/class  
☐ **SC** Senior Citizen 61yrs+ \$8 per class ☐ **\$50** Registration Fee paid

Registration Fee Accepted by: \_\_\_\_\_

Paid \$: \_\_\_\_\_

Branch: \_\_\_\_\_

Date: \_\_\_\_\_

Date Membership Commenced: \_\_\_\_\_

Type: \_\_\_\_\_