



When the root is deep,  
there is no reason to fear  
the wind.

## Traditional Foundation Program

*Advanced Technical Training*

A *specially curated* program for **Black Belts**  
(by Invitation Only)

**Build** on your *existing* knowledge of Martial Arts  
and transform your power and **Inner -Strength**  
(Aiki / Prana) through **Aiki Jujutsu**

An ancient **Kinesthetic Art** form perfect for today's  
lifestyle

| 90 Mins a week | From Home |  
**Impact – Lifelong**

***Simple, Powerful...Transformational!!!***

# What is it?

An **Advanced Technical Program**, by *invitation only*, for **Black Belts** from any style of Martial art to learn the **Science** of **Aiki Jujutsu** under the **Wind -Storm Tradition**



What is it	Who is it for	How does it work
<ul style="list-style-type: none"> <li>• A <b>Virtual Learning Program</b> that trains the Body, Mind and Spirit using Positions and Movements. This art is called “Aiki Jujutsu”, an ancient <b>Kinesthetic Art</b></li> <li>• <b>90 Mins a week</b>, personalized attention and guidance</li> <li>• <b>4 sessions a Month</b></li> <li>• Spread over <b>1 Year</b>, you join this technical program from the convenience of your Home</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Black Belts</b> from any style of martial Arts who wants to discover an <b>advanced Traditional Martial Art</b></li> <li>• You need to be able to spare 90 Minutes a week</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Curated Syllabus per Level</b> (Page 2)</li> <li>• Starts at Level 1 and ends at Level 3</li> <li>• <b>Progress Assessments</b> every <b>Six Months</b></li> <li>• <b>Certificate of Completion</b> on meeting minimum requirements</li> <li>• Eligibility for <b>Oku Iri</b> (Black belt) at the <b>end of Level 3</b></li> <li>• You also learn <b>Leadership Lessons</b> to Train your <b>Mind and Spirit</b> while you prepare and <b>Nurture your Body</b></li> </ul>

## Who to contact for Details?

**Sign up TODAY**

**Chief Instructor of the India Chapter: Menkyo Kaiden Ramesh Rao Jodige**

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 : [windstormindia@gmail.com](mailto:windstormindia@gmail.com)

## Faculty and Technical Guides

Certified License of Moku Roku under the Wind -Storm Tradition

- Sensei Lt. Col Unnikrishnan
- Sensei Sridhar
- Sensei Ajay Dave
- Sensei Jose

# [ Strengthen your FOUNDATION.....Remain prepared for LIFE]

A technical program that explores the science of Aiki Jujutsu under the Wind-Storm Tradition.



**Level 1**

- This Level will present a “martial artist’s view” of Aiki Jujutsu (Empty-handed, Body movements).
- Learning Aiki Jujutsu makes it necessary to understand oneself and consequently you learn about human anatomy, vascular systems, respiratory systems, kinetic and potential energy, bio-mechanics, gravity and fluid application in combat in a whole new light.
- The syllabus is composed of Introduction to:
  - a. Atemi Jutsu (Your hands and legs become extensions of mind and body coordination. The strikes, kicks (Geri), Falls/Rolls (Ukemi) just the beginning of Atemi Waza)
  - b. Seigyō (The science of Controlling the opponent’s body and mind through applied Intent)
  - c. Gaeshi (Reversals, Rotations and the Science of Body -Alignment)
  - d. Nage (Throwing Techniques along with the Science of displacements in connected bodies)
  - e. Otoshi (Dropping Techniques, using fluid motion for directed guidance using torque and curvature)
- The fundamental building blocks of the ancient art is based on Tai Sabaki (body positions).
- Two Progress Assessments (once every six months)
- Certificate on meeting minimum completion requirements



**Level 2**

- This Level focuses on “Weaponizing the Body”
- Each "weapon" is an extension of the person. We focus on the principles that guide these body extensions.
  - a) Introduction to “Ken Jutsu”: all lengths of sword and bladed weapons
  - b) Introduction to "Bo and Jo Jutsu": all lengths of staff and staff-like weapons, with or without a blade
  - c) Introduction to “Tanto Jutsu”: Short knives
- Using Aiki Jujutsu in Transitional states of combat with multiple opponents
- Two Progress Assessments (once every six months)
- Certificate on meeting minimum completion requirement



**Level 3**

- This Level focuses on “Mastering the Body”
- The Science of “Formless Form”: Aiki Jujutsu as a response not as an effort
- A technical view of Body Positions in Motion: Expressed in static or moving forms (Tenshin) where you are in motion for alignment (Muruvi) or you move the opponent into alignment (Tenken)
- Introduction to States of Mind as a precursor to engagement “Sen Wo Toru” (Anticipating the opponent’s moves)
  - a) Sen No Sen: Knowledge of what the opponent is doing
  - b) Sen Zen No Sen: Stepping away when the opponent attacks and then countering
  - c) Go No Sen: Allowing the opponent to make their move and then countering
  - d) Sen Sen No Sen: Finishing the Duel even before the opponent has begun their move (the highest form of being one with the opponent)
- Using Aiki Jujutsu in Transitional states of combat with multiple opponents
- Two Progress Assessments (once every six months)
- Certificate on meeting minimum completion requirement