



Welcome to the NPMAC team!

We are honored you have chosen us as your success coach in To-Shin Do! This welcome aboard pack will ensure you are part of our NPMAC ninja team from the first class! Here is a bit about our history and expectations that you should know as a student:

Newbury Park Martial Arts Center has been serving the Conejo Valley for over 25 years. We are experts at helping our students discover their true potential, teaching our students to recognize danger ahead of time and to be in the best position to defend themselves whenever needed.

To-Shin Do (pronounced To- Sheen- Doh) is the modern self-defense form from the ancient ninja from Japan. The ninja were spies and experts at stealth training and survival. Cool fact: female ninja were called kunoichi and were equally trained and expert spies and expert fighters as well! Our modern To-Shin Do provides solutions to get out of a troubling situation and get home safely. We include hand-to-hand training, weapons training, ground fighting, de-escalation techniques and awareness drills.

The meaning behind the name To-Shin Do celebrates our roots from ancient Japan.

TO- "*the sword*"- this symbolizes a solid foundation with excellent techniques.

SHIN- "*intention*"- you must have the desire, or intention to combine with your techniques to be successful.

DO- "*the path*"- you have your techniques; you have the desire to learn; the path is your teachers sharing their knowledge and your dojo providing you a special place to learn and advance.

How Do I Begin? Use the following steps to get ready for the best class of the week!

- **Arrive at least 5 minutes prior to your class**
- Bring your *clean* uniform and all training tools to each class
- Bow on the mat and think about what you wish to accomplish in the class
- Pick up your attendance card from the rack
- Line up on your instructor's cue
- Senior student says "sensei ni rei (Sen-say nee ray) – meaning student and teach salute
- Bow and the class and teacher say "onegai shimas" (Oh-neh-gah-ee shee-mahs)- meaning please assist me
- Upon lining up for bow out, the class and teach recite "domo arigato gozaimas" (Doh-moh ah-ree-gah-toh go-zah-ee-mahs)- a heart-felt thank you
- Bow off the mat and congratulate yourself on all you learned in class!

What to expect for the first three months- you are required to attend two classes per week. You can attend more if you wish. You will be looking at in class at the end of each month- this is called "stripe testing" and it is a chance to make sure you attended two classes per week and have a basic grasp of the curriculum.

How to tie your belt- below is a guide for belt tying; your staff is always here to help.

