

## - Ken Ryu Jujutsu -

*Inner Tranquility*



*Outer Harmony*

### 500 Years of BUDO In Action

**MISSION** Provide Individualized Martial Art instruction to Improve Quality of Living.

**PHILOSOPHY** Health is achieved through Nutrition, Exercise, Rest, Hygiene, and Attitude.

**CORE VALUES** Respect, Courage, Integrity, Generosity, Compassion, Honor, and Loyalty.

**VISION** Raising consciousness through Clear Mind, Emotional Balance, and Situational Awareness.

**GOALS:** Working independently, in partnership, and in teams to grow in four realms:

1. Personal Health
2. Personal Safety
3. Personal Growth
4. Personal Challenge

*“What we practice grows stronger”*

This is a modern adaptation of centuries old teachings and practices that have proven outcomes in achieving personal goals. We promote *inner tranquility and outer harmony*, even in the face of adversity and favor conflict resolution without escalation to aggression or violence. We provide professional technical instruction and individualized physical training to achieve the best possible BUSHIDO experience.

***Ken Ryu Jujutsu is a complete, authentic, and Sanctioned Martial Art***

Our psychological strategies and physical techniques, such as those taught in our Personal Safety Program, are appropriate to respond to everyday situations including physical conflict. This Martial Art is fully inclusive, free of judgement, and conducted in physically and psychologically safe environments.

*“A journey of a thousand miles begins with a single step”*

**Please join us!**

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## *Guiding Principles of Ken Ryu Jujutsu*

*(Derived from Kano, one of our Mentors)*

**Safety** – “This Martial Art promotes non-violence practices and de-escalation in any situation.”

**Knowledge** – “There is no reason not to teach the best techniques from each Martial Art style.”

**Community** – “Members of society must function in harmony and cooperate with others.”

### *Mutual Respect*



### *Mutual Benefit*

## *Some Observations on the Martial Arts*

Our Curriculum is based on traditional **Japanese Jujutsu** styles that are centuries old. The techniques are practical, effective, and applicable in everyday life. **Budo is not just for to the Dojo, it is lived daily.**

Our Jujutsu techniques are similar to those seen in other styles such as **Karate / Kenpo** – open hand: **Daito Ryu Aiki Jujutsu** – redirecting: **Tenjin Shinyo Ryu / Judo** (grappling): **Kito Ryu** - sweeping / throwing:

Ken Ryu Jujutsu participants train in small groups and receive individualized instruction. They perform tasks and participate within a reasonable scope so that they are challenged within safe and healthy limits.

Prior to commencing practice in a Martial Art, one should study the different styles; techniques, history, and philosophy. Meet with a few Sensei, if able, and maybe join a class. Then chose a high-quality school.

Students sometimes practice a martial art with the intention of fighting and, while Ken Ryu Jujutsu is complete in hand-to-hand combat, you should practice **Martial Art as Budo** to learn more about yourself.

After adopting a Martial Art, do everything possible to succeed. With dedicated practice, a reasonable person can achieve a **Black Belt in Ken Ryu Jujutsu after 1000 hours**. A journey of a thousand miles...

**Program Facilitator:** Sensei Ken Brake (**Sandan - 3rd degree**), Nationally Certified Coach (**NCCP, Level II**)

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## - Ken Ryu Jujutsu -



## - The Healthy Dragon Way -

### *Personal Development*

Martial Art practice is appropriate for most individuals at any age. Adolescence, aged 13 to 17 years, is a great time to begin practice, especially those individuals seeking understanding, meaning, direction, and purpose in life. **Ken Ryu Jujutsu** philosophy and curriculum is based on traditional teachings to promote healthy human development. The Martial Way (BUDO) does not promote aggression or violence. It helps build strong and confident individuals who hold a deep respect for self, family, and community.

Participants learn **BUSHIDO**, Mind - Body connection.

**MUSHIN** - clear mind **FUDOSHIN** – emotional balance **ZANSHIN** – situational awareness

Participants engage in group learning activities in physically and psychologically safe environments. They receive regular feedback to acknowledge accomplishments and identify opportunities for improvement. Individualized instruction and one to one mentorship facilitates personal growth and development. Ken Ryu Jujutsu recognizes the need to nourish four human aspects as described in modern psychology and sometimes expressed as a quotient like (IQ). We endeavor to help our participants develop these aspects.

**1. Intelligence Quotient 2. Emotional Quotient 3. Social Quotient 4. Adversity Quotient.**

### *Healthy Living Through Martial Art*

**AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY**

In consideration of being permitted to participate (in any way or any activity) in **Ken Ryu Jujutsu** by CNM Consulting Inc. (including all activities and events related to the program) the undersigned acknowledges, appreciates, understands, and agrees with the following terms of this agreement:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death. While particular rules, equipment, practices, protocols, and personal discipline may reduce this risk, the risk of serious injury does exist. \_\_\_ **Initial.**

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM PERCEIVED NEGLIGENCE (OR OTHERWISE) OF THE RELEASEES or others. I knowingly assume full responsibility and accountability for my participation. \_\_\_ **Initial.**

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual and or significant hazard during my presence or participation, I will remove myself from participation and communicate that hazard immediately to the attention of the nearest official. \_\_\_ **Initial.**

4. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS **Ken Ryu Jujutsu Society / CNM consulting inc.** and instructors, coaches, officers, officials, agents, employees, participants, partners, sponsoring agencies, individual sponsors, advertisers, and where applicable, property owners and lessors of premises used to conduct events ("Releasees"), WITH RESPECT TO ANY INJURY, DISABILITY, DEATH, or loss or damage to person, property, or reputation, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. \_\_\_ **Initial.**

**I HEREBY ACKNOWLEDGE THAT HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS AND INTENTION. I UNDERSTAND AND ACKNOWLEDGE THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING THIS AGREEMENT OF UNDERSTANDING. I SIGN THIS DOCUMENT FREELY AND VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR RESERVATIONS.**

PARTICIPANT'S NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

Class/Program: \_\_\_\_\_ Date Signed \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

WITNESS FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to THEIR release (as provided above) of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above.

PARENT/GUARDIAN'S NAME \_\_\_\_\_

PARENT/GUARDIAN'S SIGNATURE \_\_\_\_\_

**Ken Ryu Jujutsu** WITNESS \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_.