



Warrior Concepts International
Mori no Tora Dojo

Spring Ninja Camp '22



Lesson Plan (Topic Outline)

1. Gogyo vs. Godai
 2. Ninja Admonitions
 3. Mindset Through Kata / Fight (Beginning - Middle - End)
(Zen and Vipassana Minds & Practicing to PROPERLY Disconnect)
 4. Many Ways to Practice a Kata (Different perspectives)
 5. Gyokko Ryu Kuji (x3)
 6. What are We "Discerning?"
 7. 3 Forms of Meditation for Self-Defense
 - Brain wiring and response
 - Perfect Practice Makes Perfect"
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- A. Breakout 1: Instructor _____ Topic: _____
- B. Breakout 2: Instructor _____ Topic: _____
- C. Breakout 3: Instructor _____ Topic: _____
- D. Breakout 4: Instructor _____ Topic: _____