

FLUID ADAPTION MARTIAL ARTS PRESENTS

NIDAN 2014

-  30 x 2 minute rounds free fighting



Fluid Adaption Black Belt Grading
The Warrior's Path
Grading Booklet

Fluid Adaption wishes to extend a big thank you to

John Scida

For his generosity in letting our little training group use his gym

Ultimate Muay Thai

St Albans

Thanks also extended to the following martial artists for their support of
Nidan 2014

**Raff Lanciana
Rod Catterall
Suzanna Daley
Andrew Ramacciott
Karl Jenkins
Daryl Davis
Paul Basford
Gerry Simeone
Paul Lica
Leigh Fisher
Marshall Radcliff
Billy Gibbings-Johns
Chad Horvath
Rick Gawel
Zak Marshall
Levi Bayliss-O'Dowd**

This event would not be possible without your assistance

To the knightly warrior's of Zen Do Kai, past and present,

We honour your valour and thank you for leading the way.



Nidan 2014

Dedicated to the Wildcat Division of the Bob Jones Corporation

Like the Tiger and the Dragon in skill opposed,
Yet when united as one on the warrior path,
An unstoppable force.



NIDAN THE GRADING

Welcome to Nidan 2014, the Black Belt Grading of Fluid Adaption. If you are reading this on the grading day I thank you for attending and for your support. I hope you enjoy the grading and find additional inspiration for your own martial arts journey.

In total 4 individuals were nominated to attempt Nidan and as we neared the grading day only one was still standing... the enigmatic... Sam Hopper. Leigh Fisher, Gerry Simeone and Paul Lica all withdrew along the way due to a range of reasons related to illness, injury and personal commitments. Each of these martial artists are over 40 and there is no shame in not making to the line. The Nidan grading of 30 x 2 minute rounds is typically for the young and fit... still there is always next year and we look forward to them lining up in 2015. Billy Gibbings-Johns had also intended to confirm his Black Belt at this grading however he was injured in the weeks before the grading and will also be attempting grading in 2015.

The world of martial arts is a kaleidoscope of practice aimed more or less at adaption across a countless range of possible contexts from theatres of war, combating crime and avoiding assault on urban city streets, defending against invasion within the home, the gladiatorial rings of our modern combat sports, and as a therapeutic approach for treating psychological difficulties. Regardless of the cultural origins of the system in question, or the weapons it deploys, or even the spiritual or clinical intent of the art, all are united by the single goal of adaption within a given context.

The Nidan Grading is one such context where the student's will to survive is tested over 30 x 2 minute rounds of 1:1 touch contact free fighting. Everyone reaches their limit somewhere in the first 15 to 20 rounds, it is at this point that the Nidan hopeful finds out something about themselves as something kicks in to carry them through to the end of the line.

Fluid Adaption is also a fledgling martial art and is by no means an established practice. Yet it is a dynamic, principle based emergent martial art that provides a platform for the integration of a diverse range of martial arts practices united by the goal of adaption. The Nidan grading is one of several contexts that are tested for the grading from 2nd to 5th degree black belt.

The Black Belt Grading provides a path for all to follow that assists with integration and facilitates adaption, not only under simulated conditions of combat, but more importantly in everyday life.

NIDAN THE GRADE

Nidan is about going beyond the physical. No matter how well a fighter prepares, when sufficiently pushed by their opponents during the rounds of sparring eventually their physical energy depletes and their determination to persevere is tested, they must draw on something other than physical strength to get them through. It is about an experience of the spiritual, both in terms of energy and of something larger than one's self, the interconnectedness and interdependence of all things.

Nidan is about fortitude, finding it, experiencing it and demonstrating it.

Nidan is about going beyond a 'fighter' to becoming a 'warrior', able to persevere in the face of overwhelming odds. It is about being prepared to 'spill blood' for what is right, in defence of their family, clan, and those more vulnerable or less fortunate than one's self. A person who is prepared to sacrifice themselves for the good of others, while never promoting violence it's also about never running from a fight, always prepared to face fear with a smile and the attitude of 'it's a good day to die'.

Nidan is also about recognition by members of one's mob/family/clan who have witness and participated in the grading that a person who has survived the grading is now a member of the warrior class.

The 30 rounds of free fighting with a 5 minute rest at the 25th round is based on the grading of Soke Bob Jones who fought more than the 30 rounds, and considered that at the 30 round mark he felt was the point at which the grading should have ended, and therefore set this as the standard for the Nidan grading.

Fighting the 30 rounds of Nidan is therefore walking in the footsteps of Zen Do Kai warriors of old... it is also about honouring their effort and courage... it is about walking the path of the Red Dragon... Soke Jones.

The current Nidan Grading is based on the format developed by the Wildcat Division of the Bob Jones Corporation. The original 30 round grading was changed in the early 1990's by Soke Jones due to the risk of injury to those completing the grading. The Wildcat division continued the grading and was able to manage the risk without serious injury. Fluid Adaption Nidan grading is based on the format developed by Kyoshi Raff Lanciana, head of the Wildcats.

The grading involves 30 x 2 minute rounds of free fighting with a 5 minute break at the 25 round. Those attempting grading face a fresh opponent each round with the rest in between rounds determined by the Nidan Grading Chanter. It is an honour to spar a candidate attempting Nidan.

BEHIND NIDAN 2014

No man is an island and it is only through united effort that anything of worth is achieved and so it is with regard to Nidan 2014. The grading required planning and facilitation of a series of training sessions to prepare everyone for the grading. A small but dedicated group of highly experienced martial artists have taken on leadership roles in organising the grading today.

The coaches preparing students and coordinating the sparring pool for the grading are **Karl Jenkins** and **Andrew Ramacciotti**. The Nidan Chanter with responsibility for coordinating and providing oversight over everyone at the grading is **Daryl Davis**. Martial Arts biographies of Karl, Andrew and Daryl follow, along with that of **Sam Hopper** who is attempting grading.

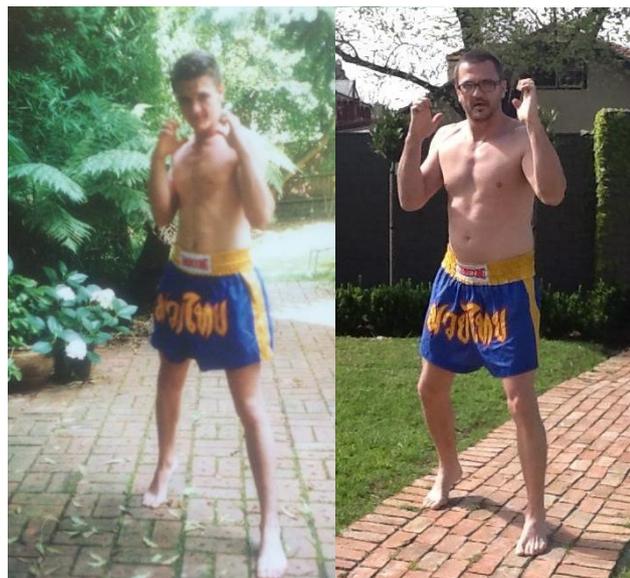
NIDAN 2014 HOPEFUL

Sam Hopper

Martial Arts Bio

I am a father of three and a barrister who started judo at the age of nine at the Doncaster Try Neighbourhood Centre in 1985.

I continued practicing Judo at Ivanhoe Grammar between until 1991 when, at the age of 14, one of my school mates was boasting about this ultra-cool kickboxing club in East Doncaster. It went something like this:



Gavin: I rang a number for the paper about a kickboxing club.

Sam: Cool.

Gavin: The boss of the club wasn't there. He is going to call me back.

Sam: Cool!

Gavin: Guess what he does?

Sam: Dunno.

Gavin: He's a prison guard at Pentridge!

Sam: COOL!

The following week, I started training with Mitch, Andy and Enes at the East Doncaster Wildcat Kickboxing club. I was given my first bag gloves from his grandmother for my 15th birthday.

Soon after, I started training in Zen Do Kai martial arts with Mitch and Andy the Bulleen Bobcats and was awarded Shodanho by Sensei Mitch in 1995.

In time, I moved away from Doncaster and away from the Bobcats and found his way to Rod Caterall's Allstars in Bentleigh. I trained with Sensei Rod (as he was then) between about 1997 and 1999 in both Muay Thai and Zen Do Kai. My then girlfriend (now wife) Hannah also trained Muay Thai with the Allstars, achieving the rank of green singlet. I continue to wear an Allstars patch on his gi to acknowledge that part of his past.

Distance intervened again, and I moved to East St Kilda and started boxing at the St Kilda Police and Citizens Youth Club from 1999 with Olympian and Commonwealth Games bronze medalist Des Duguid. I then met Dashing Dave Spackman and found his way to the Oakleigh Youth Club, under which I had an amateur boxing fight in 2001, overcoming the previously undefeated Daniel '*the killer from Keysborough*' Loakey.

I then settled into a more relaxed training regime at the St Kilda PCYC until my first daughter Eleanor arrived in 2009, when Eleanor and I joined Leo Berry's Richmond Boxing Gym, where Hannah had been training since 2002.

The family, now including Harriet (4) and Billie (2), continued to train at Leo Berry's when I looked up Mitch and Andy and was invited to a sparring session for the revived Bobcats in August 2014. The session re-awakened my love of kickboxing and sports karate, and I leapt at the chance to participate in today's Nidan grading when invited by Sensei Mitch.

Combat sports and martial arts have always been a big part of my life and has played a different role at every stage. Judo was the first sport in which I properly participated as a young boy. The Bobcats and the Wildcats helped the adolescent me on the always rocky journey into adulthood, providing both a point of focus and good role models for a young man. The Allstars kept that alive, while laying the foundations of martial arts for the family. Boxing provided the next test and my glorious victory in 2001 marked, in many ways, my entry into adulthood. The Leo Berry's gym in Richmond is now a central part of family life for all of the Hoppers. Renewed contact with the Bobcats, and with Mitch and Andy in particular, now provides an opportunity for me to reconnect with my past. This grading provides a new challenge for me and the chance to settle some unfinished business with Sensei Mitch.

For me, it is important to remember that training is important, but it is also FUN. I am a big fan of the comedian and YouTube sensation Master Ken, founder and self-appointed eleventh dan in Ameri-do-tai. During the grading, have a look for the Ameri-do-tai patch on Sam's gi as reminder that we shouldn't take ourselves *too* seriously!

NIDAN 2014 COACH

Andrew Ramacciotti

My martial arts bio...

First of all I find it difficult to talk about my martial arts story when I see so many of my fellow martial art friends/peers with similar or better stories, never the less will scribble down a brief insight into my martial arts journey.

It all started in 1985, when I met Renato Breslin through other friends at the Bulleen Veneto Club. He suggested I should come and have a look at the Zen Do Kai Karate Club he was involved with. At the time I was 19 and working full time so i could

finally pay for lessons with my own money as my parents could not really afford to support 4 children in sporting activities. Initially, at the first class, I wasn't hooked the first time, as back then the class was divided with white & blue belts training separately & green belts and above training with Mitch at Bulleen Special School (BSS). My instructor was John Baruta and instantly I recognized how dedicated and committed he was to Karate and to Mitch. Anyway I'm pretty sure that by the end of 1985 I had received my Blue belt and was on my way to joining the senior ranks up at the BSS.

Mid way through 1986 I received my green belt and that's when Karate started to take on a different meaning to me. I had found something that has positively changed the way I thought about everyday life & still does to this day 29 years later. I stayed on green belt level for almost a year as I felt I was far inferior to the standard required for brown belt and to the other students at that level. By the end of 1986 i started training with Percy Lanciana at the head quarters of Zen Do Kai in Flinders lane. Almost every Friday night i would drive like crazy to get down there by 6.30pm and train with people like Mick Hannify, Mitch Bayliss, Paul Fyfield, Enis Murtic and so many other great fighters, that now slip my mind. I do remember one particular night when I was sparring Mitch, who was



Sensei Andrew Ramacciotti in action delivering a knee, May 2014

getting ready for 2nd Dan, I think, when he kicked me with a roundhouse in the back of the head that hurt for two days. Welcome to the world of Kick Boxing. Man, I was hooked. I was training 4 sometimes 5 days a week. My parents thought I was crazy.

So I eventually received brown belt and next giant hurdle was going to be black belt. Back then you could only go for black belt at Senjo which was held once a year. I still remember after your warm up came the dreaded 100 push ups & 100 sit ups, Kata's & eventually the 10 rounds of sparring. The year was 1989 when I went for Black belt a total of 4 and half years to get to. I also remember how important it was to be recognized to receive your black Gi and your Bushido cross, aah, the memories. 1st Dan came and went, karate tournaments, kick boxing fights at the Honbu in the city and other venues, demonstrations we did it all, honestly looking back we were crazy.

1993 I was nominated to attempt 2nd dan, this was going to be the last of the truly physical grading that Zen Do Kai had to offer. Well I trained my hardest, travelling down to Keon Park to train with Percy mid week, on weekends at Footscray with Percy & Joey Lanciana. In Croyden with Enis Murtic and not forgetting helping out at the Bulleen club. The day finally arrived and to be quite truthful I was more nervous about my 2nd dan Kata's than my 30 rounds of sparring. I knew I could mix it with the guys and didn't mind being hit because I would give it back next time they came round in the sparring pool. I'm sure my sparring pool began to grow as from round 20 - 30 I started sparring the higher ranks and they really started testing me. At the end i was so relieved, honestly I was more concerned that i had failed the Kata side of the grading than the sparring. Well, when Ralph and Percy had agreed to promote me, John Rizzo & "Angelo Philopu's wife" to 2nd dan it was the best feeling in the world.

Fast forward to 2014 and so much has changed, not training as much as I would like to, partly due to work commitments but also most of my fellow friends and students have disappeared or are just too busy running around/ family commitments. Nevertheless my mind is always thinking in one way or another about martial arts & I know the day will come were I get back into it in some capacity.



NIDAN 2014 COACH

Karl Jenkins

My Martial Arts History...

32 years of Training:

- Started in Judo at 11 in Footscray.
- Started ZDK at 14 under my first Instructor Sensei Frank Lanciana.
- Stayed with the Wild Cats and received my Green Belt Brown Stripe.
- Started training with Sensei Dom Montelone who was under Shihan John Scida. Received my Brown and Shodan-ho.
- Then I became an Instructor at the Ultimate Martial Arts Centre for Shihan John Scida, Sempei Mario Scida and Shihan Frank DiBlasi. Received my full Shodan, NiDan, Sandan and Yondan-Ho. Teaching Ranks received Sempei, Dai Sempei, Sensei, Dai Sensei and Renshi.
- Started Kickboxing and Boxing under John Scida.
- Ran a club in Bacchus Marsh teaching Zen Do Kai and BJC Muay Thai 1993 to 1995.
- Red Singlet in BJC Muay Thai System
- Coach Level 6 in Ultimate Muay Thai under founder John Scida.
- Fought as a Heavy Weight in Muay Thai and Kickboxing in 1994. 2 Fights 1 Win 1 Broken Leg Retired.
- Founder of Ultimate Scida MMA and Head Coach.
- Coached 2 Fighters one female who won their first fight and a Male who loss on points.
- Kickboxercise Instructor
- Received my green belt in Judo.
- Cross Trained in:
 - BJJ for 3 years under Tony Russo
 - WinChun Kungfu
 - Wrestling
 - Japanese Ju-Jitsu
 - Kendo
 - Weapons: Bokken, Bo, Sword.
 - Trained in knife defence
 - Numerous Other Freestyle Arts.
- I have trained 2 students to Black Belt in Zen Do Kai Peter Pum and Joe Totic. Joe then went on to receive his Black Belt in BJJ after 12 years.
- I have trained two Students to Red Singlets (Level 3) in Muay Thai John Zeestraten and Scott Forbes and both are ex fighters and successful coaches who run gyms in Bacchus Marsh and Melton.



- I have been blessed to support Shihan John Scida to train his numerous Champions in Boxing, Kickboxing and Muay Thai. I have been with John for over 25 years.
- Very open to training and learning off anyone that is willing to share their knowledge.
- Martial Arts has been a way of life for me and I will continue to train until I die.
- I believe every Martial Art has something to offer but you must find what works for you and keep it simple. There is no place for Complexity or Ego in the Martial Arts.

This is my memory of my NiDan grading...

In 1992 I was allowed to test for my NiDan with Graham Hudson. It was decided that Shihan John Scida and Shihan Frank DiBlasi would allow us to spar 30 Rounds in house at our Dojo. This was due to Soke Bob Jones phasing out the 30 rounds due to safety reasons. Shihan John and Shihan Frank wanted us to experience the "Blood Grading". I was 21 years of age and Graham was 16 both of us wanted to prove ourselves worthy of NiDan and wanted the same test both our mentor and instructors went through.



The rules were that we would face rotating fresh fighters, then at the 25 round mark get a rest and change of Gi and then face both Shihan's in the last 5 Rounds. We would wear 12 oz gloves as would our sparing pool and shin guards.

The first point of call was to perform our grading and personal Kata's then we started to spar. I was in the best shape of my life but I didn't realise this would be 70% mental.

The first 10 rounds went smoothly but they were very close to full contact. I begin to notice that our sparing pool would rest up and then give us a hard round. There were 15 in the sparing pool mostly black belts and Browns. At the 11 round I was caught by a spinning kick to the body and my wind was knocked out of me. In the last minute of that round I don't think I breathed. I was hurt but in my mind I wasn't going to give up. The next 9 rounds were a blur I was pummelled from pillar to post by very fresh and strong opponents and the same was happening to Graham. This is where I went deep inside myself and i become numb I was working on auto pilot. All I could think that I was going to return the favour to every single person in the sparing pool when I spared them another time or at their NiDan grading.

At the 20 round mark Graham and I got to spar each other which was a change from being smashed but we were tired and landed hard on each other still from lack of control.

Then bliss occurred at the 25 round mark I was lifted to the ground my Gi was removed and replaced by a clean and fresh one. I was given water and supportive words my Mother and Sister kissed me and my Great Uncle who I looked up to said how proud he was of me to come so far. I was a physical mess but my spirit was on fire.

The last 5 rounds were a blur but I remember being swept of my feet twice by Shihan Frank and smashed my head.

The last round I remember was with Shihan John and he gave me a black eye and corked thigh.

At the end it took 5 days to recover but I achieved the 30 rounds and my NiDan the hard way. Something to tell the Grand Kids about HaHa.

Yours in Bushido Sensei Karl



NIDAN 2014 CHANTER

Daryl Davis

Martial Arts Bio....

35th year of Martial Arts

- Current Rank – Probationary 5th Dan
- Current teaching title - Shihan
- September 1979 began training under a first generation ZDK Wild Cat instructor Brian Agar
- Achieved ShoDan Ho in 1983 at the Zen Do Kai Senjo, Melbourne Town Hall.
- Achieved full ShoDan and Sempai title in 1983 and opened the Broadmeadows Dojo
- Awarded Sensei teaching title in 1985
- Achieved Nidan rank in 1989
- Awarded Renshi teaching title in 1991
- Promoted to full 4th Dan in 2001 by Soke Bob Jones and Kyoshi Raffaele Lanciana
- Probationary 5th Dan in 2006
- Awarded teaching title of Shihan in 2010 under Kyoshi Rod Catterall of All Stars Martial Arts and approved by Kyoshi Raffaele Lanciana



Overview - Head instructor at the Broadmeadows Dojo, trained and produced more than 100 black belts achieving rank up to 3rd Dan and Renshi teaching ranks. The peak of the Dojo saw 80 + students on the floor, over the 18years this levelled out to a constant 35+ students. The Broadmeadows Dojo was the largest in training numbers under the Wild Cat division. The dojo produced four other successful clubs under the Wildcat Division.

An extension of Karate was kickboxing. I trained many fighters in level 1 and 2 kickboxing events with much success, including have had my own full contact one fight, one win result.

As a senior member of the Wild Cat Division I had the responsibility of managing our regional grading and the annual Wild Cat Senjo. Also held a position on the Wildcat committee which provided overall direction and governance of the Wildcat Division.

Other personal achievements were twice Victorian Champion in Weapon combat and Weapon Kata disciplines under the open Zen Do Kai Victorian Championships, many times winner in the Wildcat association fight team, successful in many touch contact tournaments, performed in many martial arts demonstrations to promote Zen Do Kai.

Key strengths – teaching, kicking ability and weapons, (Katana / Sai / Walking stick)

Main influencers in my Martial Arts training have been Brian Agar, Raffaele Lanciana, Maurice Garnier, Bob Jones, Rod Catterall, Percy Lanciana, Joe Lanciana, Mitch Bayliss, and Paul Basford.

My thoughts on Martial Arts – Such an easy question, yet it's hard to answer, this brings to mind that "Karate is simple, but hard to do". My journey has been around the thinking and practise of sports Karate, as opposed to the "traditional" Karate-Do, (way). Although my own thinking was skewed towards the values of Bushido, not just in training but for life. The values I speak of are;

- Rectitude.
- Courage.
- Benevolence.
- Politeness
- Honesty
- Honor
- Loyalty
- Character

30 years on, although I still believe and live by traditions of Karate-Do and the values of Bushido, my actual view and preferred practise has changed somewhat. This change is largely because of the commercialisation of Karate today; moreover training or practise today has none or very limited resistance training due to zero risk commercialisation. A martial art that does not offer "liveliness" training is perhaps not worth the training time. There are 1000s of MacDojos today offering many types of martial art forms and promises of becoming a black belt in 3 years or less, really, what are we producing here? This is the commercialisation I speak of, the mums and dads paying Mr Sensei \$300 a term and gets little Billy to black belt in 3 years, great for family BBQs, "hey little Billy is a black belt now at 12...you better watch out!" This is why I don't train in a "commercial" dojo today nor do many adults.

The point of liveliness: traditional kata for me is important as is Bunki, (both must go hand in hand), however my view is this alone is not enough. Practising a martial art without contact sparring or hard grappling will not provide you with the skills needed when they are needed. In the dojo throwing punches and kicks at a bag that does not hit back only provides you with cardio training...no other benefit, the same for applying an arm bar on your training partner that offers no resistance, zero resistance zero benefit. The closest we get to this training is preparing for Nidan, yet most forms have modified this training to include 70% pad work as opposed to one on one semi-contact.

The message I'm trying to convey is that we all do martial arts for many different reasons and we all have our own goals. The key point is to have total transparency in; why am I doing this, I'm I doing it to the best of my ability, am I getting total benefit from it, is it helping me as a person?

Karate for me is not a destination but an endless journey. I'll never be perfect as a Karate-ka, but I will never stop trying to be. I will always train and train honest staying true to myself. I think with Karate all you have to do is be sincere, challenge yourself by training hard and if you do it correctly the understanding of Bushido and the physical benefits will follow.

In mind and spirit of Bushido

Daryl Davis



RANKS, TITLES & HONOUR GRADES

In addition to the grading of Sam Hopper for Nidan; honorary ranks, teaching titles and honour grades will be also awarded at Nidan 2014. The purpose of this is to formally recognise those martial artists who have given commitment to the development of Fluid Adaption, as well as to begin to establish a group of experienced martial artists who can provide a foundation of strength on which to grow Fluid Adaption into the future.

Introduction

The principle aim of Fluid Adaption training is to engage in practice that will facilitate successful adaption in both combat and life. Ranks and titles therefore generally indicate the progress of a practitioner towards an ever expanding ability to adapt in different spheres of martial arts practice. In considering the different ways adaption is expressed, Fluid Adaption makes the following distinctions with respect to ranks and titles.

- Rank: indicates over-all martial arts abilities including combative skills and mental abilities (e.g. fortitude, intent, control).
- Teaching Title: indicates the one's demonstrated ability in the teaching and knowledge of Fluid Adaption, and as generally the quality of their being a role model for others to follow.
- Honour Grades: signposts the stage of the journey that an individual martial artist is on relevant to their leadership role within the organisation of Fluid Adaption.

Ranking System

The black belt ranking system used in Fluid Adaption is used to measure progress and to provide feedback and incentives in training. As typical in the martial arts, the black belt ranking system of Fluid Adaption includes 10 full black belt degrees. In between the black belt degree's there are half steps or probationary grades that are also awarded.

Normally ranks are awarded after a student successfully passes a test or grading for rank. Honorary grades may also be awarded in special circumstances and experienced martial artists joining Fluid Adaption are assessed for a period of approximately 6 months before being given an honorary rank.

Black Belt Levels (Degrees):

- First Degree Black Belt
- Second Degree Black Belt
- Third Degree Black Belt
- Fourth Degree Black Belt
- Fifth Degree Black Belt
- Sixth Degree Black Belt
- Seventh Degree Black Belt
- Eighth Degree Black Belt
- Ninth Degree Black Belt
- Tenth Degree Black Belt

Titles & Honour Grades

Titles and Honour Grades have been awarded in the martial arts since ancient times. They have been used to acknowledge rank, station or status. Ranks and Titles/Honour Grades are considered separately.

Teaching Titles

Teaching titles listed below, while usually given at the requirements associated with teach title in the table below, this is only a guide. Rank is mainly used to indicate "physical" competency, skill, time in grade, etc., teaching titles on the other hand focus on skills related to teaching and leadership. Teaching titles are awarded after observing a person's martial arts skills, his/her ability in teaching and understanding of martial arts and most importantly their function as a role model of skill and character.

The following are the teaching titles awarded in Fluid Adaption.

Sempai *Instructor*

Usually awarded to students at or near to the rank of probationary black belt who demonstrate a solid foundation of martial arts skill and show qualities of character related to being a warrior. In terms of teaching, Sempai are role models for other students in attitude and effort, with the demonstrated ability to lead sections of a class.

Dai Sempai *Senior Instructor*

Dai Sempai is awarded at 1st degree black belt or above to Sempai who demonstrate a solid base of fighting skill, the capacity to persevere under pressure, and a passion for continuous improvement in all aspects of the martial arts. They are typically the hardest working students of martial arts clubs, accepting tasks that require sustained effort and leadership skills, never shirking their responsibilities to the group, working tirelessly behind the scenes to ensure that a club and martial arts events runs well.

Sensei *Teacher*

The title of Sensei is usually awarded at full 2nd Degree black belt or above to Dai Sempai who have taken on the role of primary instructor at a martial arts club, and who have demonstrated their ability in both running a martial arts club and developing well rounded students.. The term Sensei literally means "one who has gone before," and implies a close bond between a student and their teacher.

Renchi *Master*

The title of Renchi is awarded to Sensei who are 3rd Degree black belt or above and a minimum age of 30 years, for expert teaching and demonstrated self mastery. Within Fluid Adaption Renchi may be assistants to a Kyoshi, responsibly for running a section of the organisation.

Shihan *Master Instructor*

The title of Shihan is awarded to Renchi who are model instructors and who have demonstrated their willingness to take on positions of leadership and responsibility within the broader organisation of Fluid Adaption. Typically a Shihan will have responsibility for a number of martial arts clubs, each under a Sensei. This title is awarded at 4th Degree black belt or above, minimum age of 35 years.

Kyoshi *Master Teacher*

The "Kyo" in Kyoshi means "professor" or "philosophy". Therefore, Kyoshi equals a "Professor" capable of teaching the philosophy of the martial arts. Kyoshi are teachers of Renchi (masters), with broad leadership responsible for ensuring the quality of martial arts practice in Fluid Adaption. The title of Kyoshi is usually awarded at 6th Degree black belt or above, minimum age of 45 years, in recognition as being a knowledgeable person in the art of Fluid Adaption.

Hanshi *Teacher of Teachers*

This is the highest level of teaching title awarded in Fluid Adaption. The title of Hanshi is awarded to Kyoshi of excellent character and reputation, who have made a significant contribution to the martial arts. Usually awarded at 8th Degree Black belt or above, and at a minimum age of 55 years and indicates that the person is a model teacher for others to follow in both martial arts and life in general.

Honour Grades

Honour grades acknowledge maturation of the martial arts student both personally and organisationally, and in part reflects the path walked by Sensei Bayliss in his own martial arts journey and broadly based on the Senjo (Battle Field Strategy) concept of Zen Do Kai.

As pre-requisite to awarding honour grade in Fluid Adaption is the acknowledgement of a student's development towards recognition as a 'Bushi' or 'warrior'. For this reason honour grades are not awarded until a student has been awarded the minimum teaching title of Dai Sempai, with subsequent honour grades dependant in part on achievement of comparable teaching titles.

Building on this foundation of warrior hood, honour grades acknowledge individual growth in terms of organisational power and contribution to the martial arts. This can be either the growth of internal power associated with a warrior on a solo path seeking their own self-enlightenment and contributing this knowledge back to the broader Fluid Adaption Organisation; or externally within their role as teachers and leaders growing and building the organisation.

The following honour grades recognise the development of external (organisational) power

Daimyo *Warlord*

The honour grade of Daimyo is awarded to Bushi who established a strong martial arts club with a foundation group of black belts. A Daimyo may select a Family Crest or Mon to represent their clan.

Dai Daimyo *Great Warlord*

The honour grade of Dai Daimyo is awarded to Daimyo who having established a strong club with many black belts, some of whom in turn have gone on to achieve the honour grade of Daimyo.

Shogun *General*

The honour grade of Shogun is awarded to Dai Daimyo who have Daimyo under them who themselves go on to achieve the title of honour grade Daimyo.

These honour grades recognise the development of internal (spiritual) power

Ronin *Masterless Warrior*

This honour grade is awarded to Bushi who are breaking away from an established system as they seek to explore the martial arts in order to find answers to questions of meaning. This process of personal exploration leads to a broader view of the martial arts and towards attaining a greater level of personal fulfilment and authenticity in their expression of the martial arts and life in general.

Yamabushi *Warrior-Monk*

The honour grade of Yamabushi is awarded to Ronin who during have become spiritual awakened during their search and as a result have insight into the essence of the martial arts. Infused with this spiritual vest, Yamabushi typically challenge the assumptions of established martial arts systems, and may go onto to establish their own system of martial arts.

Meijin *Wisdom*

It is expected that Ronin and Yamabushi will often exist on the fringe of Fluid Adaption as an organisation. This separation enables these Bushi the opportunity to develop unique understanding and insight into the nature of martial arts and life. The honour grade of Meijin is awarded to Yamabushi who has returned to within the organisation of Fluid Adaption and who now share the wisdom of their experience and help grow the martial art of Fluid Adaption forward.

These honour grades recognise the organisational leadership and integration

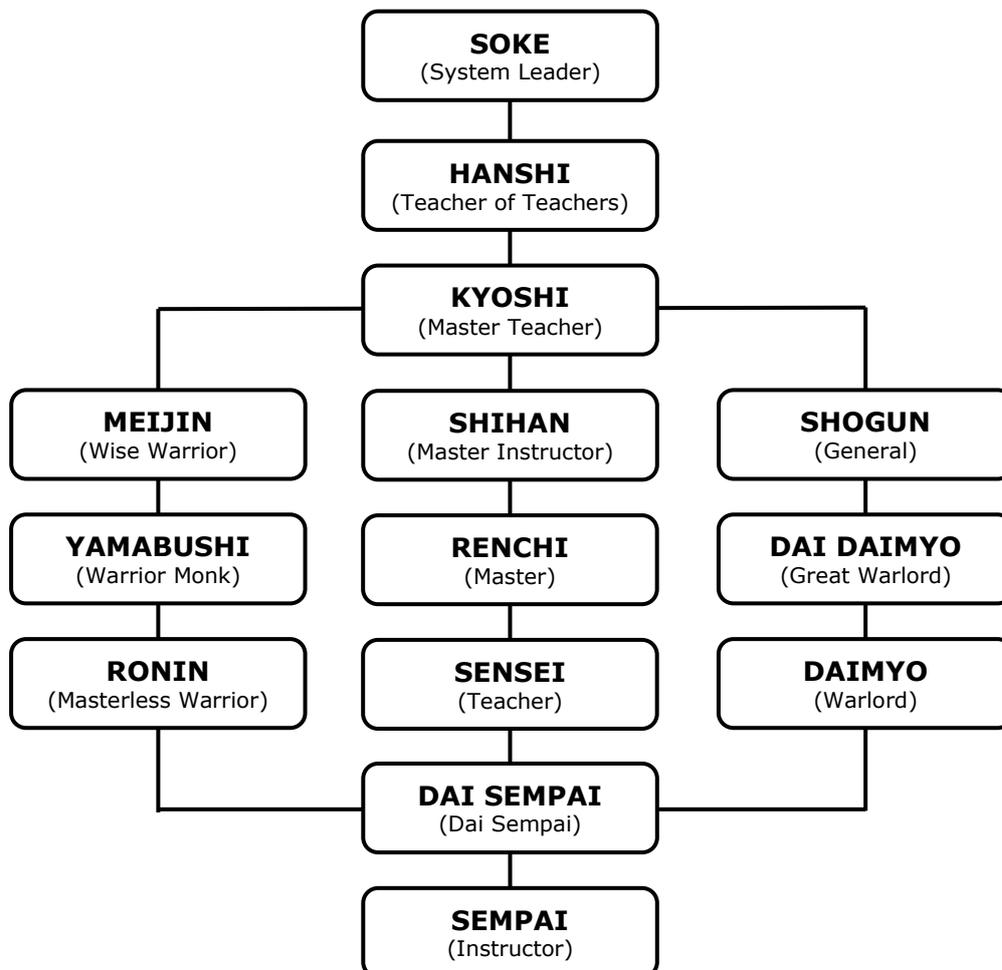
Hatamoto *Most Trusted*

This honour grade is awarded to Bushi of any rank or title who have the trust of the Soke and report directly to the Soke on all matters. Hatamoto may hold significant leadership roles in Fluid Adaption and in the absence of the Soke, may have delegated authority to act on the Soke’s behalf. Hatamoto typically have the quality of balance in the character and able to blend spiritual wisdom with insight and exceptional leadership.

Soke *Founder/Family Head*

This is the title is awarded to Bushi within Fluid Adaption who is recognised as the leader of an established family or clan and who take on a significant leadership role in organisation as a whole.

Hierarchy of Titles in Fluid Adaption



FLUID ADAPTION GRADING REQUIREMENTS 1ST DEGREE TO 5TH DEGREE BLACKBELT

1st Degree Black Belt: Foundation

- Pre-Grading Test – Demonstrate and describe the target-weapon relationship used in Fluid Adaption. Describe and demonstrate the impact on the human body of a minimum of 5 targets-weapon relationships that can cause death.
- Essay – The meaning of martial arts to me. Essay to be presented immediately prior to grading. Maximum length of one page and may be presented in a poster format.
- Grading:
 1. Dynamic Flow demonstrating all transitions (standing, falling, grounding, raising)
 2. Combative Flow – empty hand & stick
 3. Emergent Flow – empty hand & stick
 4. Fluid Defence – empty hand against empty hand & empty hand against stick
 5. Fluid Contact
 6. Fluid Combat 1:1
 7. Free Fighting 10 x 2 minute rounds
 8. Warm down
 9. Meditation

2nd Degree Black Belt: Free Fighting

- Pre-Grading – Leading up to grading day: demonstration of free fighting proficiency, summary of physical preparation for the grading, list of 5 practitioner's forming the fight pool (approximately 2 weeks prior to grading); Medical certificate no older than 3 days indicating fitness to grade.
- Essay – Tactics and strategies for combat involving a single opponent.
- Grading:
 1. Dynamic Flow
 2. Combative Flow
 3. Emergent Flow
 4. Fluid Combat – 30 x 2 minute rounds
 5. Warm down
 6. Meditation

3rd Degree Black Belt: Empty Hand Defence

- Pre-Grading – 10 minute oral presentation on a martial arts related topic.
- Essay – Tactics and strategies for combat involving two or more opponents (e.g. gangs).
- Grading:
 1. Dynamic Flow
 2. Combative Flow
 3. Emergent Flow
 4. Fluid Defence 1:3 empty hand
 5. Warm down
 6. Meditation

4th Degree Black Belt: Weapon Defence

- Pre-Grading – Oral Presentation explaining the reasons for choice of weapons for grading. Presentation to including a discussion of the functional application of each weapon in combat.
- Essay – Tactics and strategies for combat involving two or more armed opponents. Including a discussion of the possible trauma caused by the impact of each weapon on targets of the human body.
- Grading:
 1. Dynamic Flow
 2. Combative Flow x 3 (one for each weapon)
 3. Emergent Flow x 3 (one for each weapon)
 4. Fluid Defence 1:4 x 3 (one for each weapon)
 5. Fluid Defence 1:4 armed
 6. Warm down
 7. Meditation

5th Degree Black Belt: integrated Empty Hand and Weapon Defence

- Pre-Grading – Oral Presentation explaining the reasons for choice of contexts for adaption.
- Essay – Tactics and strategies for contextual adaption.
- Grading:
 1. Dynamic Flow
 2. Combative Flow
 3. Emergent Flow
 4. Fluid Defence – armed and empty hand random attacks
 5. Fluid Combat – all higher ranks
 6. Warm down

FLUID ADAPTION

Fluid Adaption is an emergent martial art intended for the rapid development and consolidation of self-defence/self-awareness skills and knowledge relevant to Australian conditions. Building on the adaptive practice of Sensei Mitch Bayliss, Fluid Adaption was further evolved by Sensei Bayliss and Sensei Andrew Ramacciotti with the assistance of an experienced group of Black Belts known as the 'Bobcats' in Melbourne in between 2008 to 2012.

Fluid Adaption is a method of learning which engages the body and mind in a flow of changing relationships to further a Practitioner's ability in all aspects of life. It is about *valuing* people and *nurturing positive relationships*; learning to *survive, heal* and *recover* from the trauma of violence, abuse and neglect; *succeed* in study, work, sport, relationships and other spheres of social engagement, and *thrive* by embracing the flow and constant change of everyday life.

Sensei Bayliss now teaches Fluid Adaption in Castlemaine Victoria.



Fluid Adaption Founder, Mitch Bayliss in action demonstrating Fluid Adaption at the 2008 Movement Zone end of year show in Castlemaine Victoria

For more information about Fluid Adaption contact Mitch on:

Mob - 0407 249 900 Email - mitchbayliss@netspace.net.au

