THE DEFINITIVE HISTORY OF BUSHIDO KAI

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Bushido Kai system created by Robert F. Heisner
Book written by Robert W. Dallmann

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Mr. Robert W. Dallmann prepared this edition for his Fifth Degree Black Belt test in September 2010.
Dedication

This book is dedicated to Mr. Robert F. Heisner. Without his years of tireless dedication to his Lord Jesus Christ, the martial arts and his students, this book would not be possible and my life would be VERY different!

Mr. Robert W. Dallmann

Acknowledgments

Writing acknowledgments for a book like this is truly an impossible task. So many people have contributed to this martial art style that it would be an injustice to begin to name individuals and omit someone deserving. Therefore, I will acknowledge all of the true students of Bushido Kai! Thank you. I also want to acknowledge, Dr. Martin Drake for his years of training and friendship, as well as his dedication to the art of Bushido Kai.

Foreword

The intention of this book is primarily to preserve and record the true history of our Bushido Kai system. Much has happened over the years and I am deeply honored to have become the system's "historian". I trust you will enjoy this book almost as much as training in the Bushido Kai system (for those of you who train with us). God bless!
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Introduction

What is the purpose of this book you might ask? Is Bushido Kai not just a martial art? Why does one need to understand its origin and philosophies?

This writing hopes to accomplish a number of things, including but not limited to the following.

• It is intended to document and protect the spiritual truths and integrity of what Mr. Heisner has taught and used to build the Bushido Kai system.

• To preserve the history of Bushido Kai and put it in print.

• To provide information regarding the training which Mr. Heisner has completed and the sources that helped to develop our system, Bushido Kai.

• To give details regarding Mr. Heisner's philosophy and approach to martial arts training.

• Also, a requirement to test for Fourth Degree Black Belt is that one makes a contribution to the system. This document is one of the contributions that I hope to make to our system.

It is my sincere hope that this writing will enhance your appreciation of our system, its founder, Mr. Heisner, and especially the Lord and Savior Jesus Christ, for whom Mr. Heisner lives his life.

Sincerely,
Robert W. Dallmann
April 2007 and September 2010
The Spiritual Foundation of Bushido Kai

Robert "Bob" Heisner was born in Niagara Falls, New York, the son of Franklin and Arlene Heisner. Mr. Heisner's father was a decorated World War II Army veteran, who saw action at "D-Day" and "The Battle of the Bulge". After the war, Mr. Heisner's dad moved to Niagara Falls from Hazelton Pennsylvania, where both Robert and his younger brother Barry were born. Mr. Heisner remembers his parents as honest, hard-working people who not only loved their children, but taught them the value of integrity, personal responsibility and working hard.

While in High School, Mr. Heisner made a commitment that would forever change his life. During his junior year in high school, Mr. Heisner accepted Jesus Christ as his personal Savior, at a church service. This commitment grew into a desire to share his Christian faith and the Biblical truths that he had learned. Later he applied his faith to the development of the Bushido Kai system of martial arts of which he was the founder.

As a youth of 15 years, Mr. Heisner found himself attracted to the martial arts. The disciplines mandated within martial arts and rigorous training appeared desirable for developing a successful life. He really enjoyed the philosophical background and challenges of the oriental martial arts. These martial arts were to be learned for the purpose of self improvement and the ability to defend one's self with courage and honor. They teach character development, physical conditioning and practical self-defense.

As a Christian young person, Mr. Heisner had a desire to learn something that was both challenging and practical. His research into the martial arts led him to believe that he could apply his faith to the art and personal training that he
was doing. This is what he has sought to do ever since his training began.

Mr. Heisner has an intense love of the martial arts that has never diminished. He truly enjoys training and working out. However, this love of the art that he practices and teaches remains a vehicle where he expresses his Christian faith and reaches out to others. Mr. Heisner believes strongly in using our God-given gifts and abilities for His glory, and to work toward making our world a better place. Mr. Heisner has said, "It is a great feeling to be doing something meaningful in life with what God has given you. The Bible teaches that life is like a momentary vapor - - - DON'T WASTE IT!" With these convictions and experiences, the art of Bushido Kai was birthed.

The gospel of Jesus Christ has changed Mr. Heisner's life. It has changed my life. It has changed the lives of many others through Mr. Heisner's life and ministry and it has changed the lives of many throughout the ages. If it has not changed your life yet, it can!

The following is the Gospel of the Bible…

1 Corinthians 15:1-6 "Moreover, brethren, I declare unto you the gospel which I preached unto you, which also ye have received, and wherein ye stand; (2) By which also ye are saved, if ye keep in memory what I preached unto you, unless ye have believed in vain. (3) For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; (4) And that he was buried, and that he rose again the third day according to the scriptures: (5) And that he was seen of Cephas, then of the twelve: (6) After that, he was seen of
above five hundred brethren at once; of whom the greater part remain unto this present, but some are fallen asleep."

The Gospel of Jesus Christ is very simple…

- **Jesus died on the Cross for our sins!** There is a penalty for sin and the Bible teaches that this penalty is hell. Everyone that has sinned is headed for hell and the Bible teaches that includes all of us. **BUT Jesus** (the only One without sin) **died in our place** (the ones with sin).

- **Jesus was buried and rose again on the third day!** Jesus Christ arose bodily from the dead. Without a real resurrection our faith would be hopeless and worthless.

- **There were more than 500 eye-witnesses to His resurrection!** Eye-witness accounts are extremely important! If a crime is committed and there are eye-witnesses, the prosecution has a much stronger case. We believe in people that we have never seen or met (like George Washington and Abraham Lincoln) because the eye-witness accounts of their lives. Thus we can believe in the resurrection of Jesus, because of the eye-witnesses. Which include the disciples and other followers of Jesus Christ as recorded in the Bible.

The Gospel of Jesus Christ is extremely important to the Bushido Kai system. Our "Training Manual" includes our "Student Guidelines" and the first guideline reads:

"All students shall seek to develop themselves to the best of their abilities: physically, mentally and spiritually."

Mr. Heisner's spiritual development has arisen from the above noted Gospel of Jesus Christ.
In this chapter we will look at some of the history, especially the early history of Bushido Kai. Here we will document some of Mr. Heisner's early training in the martial arts.

It all started when Mr. Heisner was about fifteen years old and in the tenth grade. His martial arts career began by borrowing books from the library. There were no martial arts schools in Western New York in those days. At that time the closest schools may have been in Toronto or New York City. From these books he developed an appreciation for the disciplines and philosophies they contained. He also began to learn the techniques that they taught. However, Mr. Heisner is quick to point out that you cannot learn the martial arts completely by books.

Training with an instructor began in the early to mid 1960s. Mr. Heisner enlisted in the military to serve his country and to seek an opportunity to train in the martial arts. He enlisted at the age of seventeen and just after his eighteenth birthday he was shipped out to boot camp. Because he had enlisted, he was allowed the opportunity to choose what countries he would prefer to be deployed at. He chose Japan, Korea, or China.

Shortly after completing boot camp and advanced training, he was sent to Hokkaido, Japan. This was shortly before his nineteenth birthday. Mr. Heisner was stationed for two years in Hokkaido and was discharged shortly before his twenty-first birthday. This meant he had three years of military training before his twenty-first birthday. It was a great way to grow up fast! As challenging as it was, Mr.
Heisner still recommends the disciplines and training that the military offers.

On the island of Hokkaido, Mr. Heisner served at the Kuma Station (Kuma means Bear). The Kuma Station was a Special Operations base linked with the National Security Agency. (In those days the United States disavowed that such an agency even existed.) This base was involved with reconnaissance and surveillance.

Hokkaido was not southern Japan. It was not Tokyo. Hokkaido did not offer the same attractions as Tokyo. Hokkaido is the northernmost island of Japan. It was not far from the Russian border. During Vietnam and the "Cold War" it was very important to monitor what Russia was doing in the world.

While Hokkaido did not offer the glitz of Tokyo, it did offer Mr. Heisner many opportunities to train in the martial arts. Mr. Heisner's workouts were almost daily and were many hours long. He worked out on the base and in the dojo.

When training in the dojo, he was almost always the first to arrive and the last to leave. This exemplifies an integral part of Bushido Kai. It is work ethic, discipline, inspiration, determination, and a lot of perspiration. Mr. Heisner trained for hours and hours. He finds it amazing that people can "work out" without breaking a sweat or knowing that you have been at a training session.

It was a different discipline in his life that helped him to maintain his diligence in the martial arts. And this discipline was his faithfulness to Jesus Christ. While many of the other soldiers spent their time and money chasing women, drinking and doing drugs, Mr. Heisner was training hard. His faith in Jesus Christ and his love for his
wife, kept him faithful and working hard. Mr. Heisner and his wife had only been married a few weeks before he was sent to Hokkaido. What does a young, newly married, Christian man; do thousands of miles away from home in the military? Mr. Heisner chose faithfulness, first to his God and Savior Jesus Christ, second to his wife, and third to his training in the martial arts.
Martial Arts Styles Studied in Japan

While in Japan, Mr. Heisner studied a number of martial arts systems. This chapter will overview the different styles in which Mr. Heisner trained.

Studying with Master Nara

Training in Hokkaido Japan - Who's Ready for the Next Snow Storm?

The first martial art that Mr. Heisner studied was Shotokan Karate. He obtained a Shodan (First Degree Black Belt) rank in Shotokan. Mr. Heisner studied Shotokan under the instruction of Master Nara Tominoshi.

Master Nara was an "old school" Japanese instructor. Master Nara was a Japanese World War II veteran who was trained for kamikaze missions. The war ended before he was scheduled to carry out his mission.

Master Nara was very strong on the code of "bushido" (the honor code of the warrior). He was very nationalistic. He
was very intense in his training. Needless to say, Master Nara did not train very many Americans.

It was crystal clear from the look in Master Nara's eyes that you were under his magnifying glass, under his scrutiny, in his country and training in his dojo. It was evident that Master Nara expected and received respect. You had better walk uprightly in his dojo! He conducted a very strict old-line style of training.

In the Japanese culture, they take their martial arts training very seriously. There was no light-hearted "goofing off" involved in their training. Once Master Nara got to know Mr. Heisner, he seemed to become more cordial. Mr. Heisner seems to recall one occasion in which Master Nara almost smiled at him.

Master Nara took Mr. Heisner under his wing. Mr. Heisner was honored to have Master Nara teach him the Aiki-Jitsu style. This training has become a strong contributor to our Bushido Kai system. Master Nara trained directly under the founder of the Aiki-Jitsu system. He was a contemporary of the founder of Aikido, O Sensei, Morihei Ueshiba. Mr. Heisner earned and was awarded instructor certification in the art of Aiki-Jitsu.

Finally, while training with Master Nara, Mr. Heisner was also instructed in the art of Bo-Jitsu. This fighting art involved the use of a Bo staff (generally a five or six foot long hard wood pole). Mr. Heisner trained diligently with the Bo and was certified as an instructor.

In summary of Mr. Heisner's training with Master Nara, he received Shodan (First Degree Black Belt) recognition in two styles and extensive training in a third. Shodan rank certifications were obtained in Shotokan Karate and Aiki-
Jitsu, while a high level of proficiency with the Bo staff was also established.

**Studying with Mr. Hisao Hotta**

While stationed in Hokkaido, Mr. Heisner also trained in Itosu Ryu under Mr. Hisao Hotta. Itosu Ryu is an Okinawan martial art. Okinawa is off from the Japanese mainland.

Mr. Hotta was an active duty Japanese military sergeant. Similar to Master Nara, training with Mr. Hotta required extreme discipline and a great deal of effort. Mr. Heisner enjoyed the opportunity to work out with the Japanese military on numerous occasions while training under Sensei Hotta.

Mr. Heisner trained under Mr. Hotta and received his Nidan rank (Second Degree Black Belt) in Itosu Ryu, before returning to America.

**Studying with Mas Oyama**

On one occasion Mr. Heisner served on a mission to deliver armaments to camp Zama in Tokyo. While at camp Zama, Mr. Heisner had the opportunity to meet and train with other martial artists.
Mr. Heisner visited the school of Mas Oyama and had the opportunity to train with Mas Oyama and his instructors while there. Oyama is the founder of the Kyokushinkai style of karate and a legend in the martial arts. Mas Oyama is also the author of the famous martial arts book "What is karate?"

Mr. Heisner was treated very well at this school and his visit and training left a real impact on him. Mas Oyama's school so impressed Mr. Heisner that upon his return to the United States he sought out and trained with some of Oyama's top instructors in America.

Asian Instructors Train Hard

Asian countries such as Japan, China and Korea, are the birthplaces of most of the martial art styles that are commonly taught today. The martial arts are an integral part of their societies. Understanding some of the philosophies and approaches to their training style will give you a better appreciation for our Bushido Kai system.

These old-line Asian instructors trained very diligently themselves and they expected the same from their students. Bushido Kai endeavors to take this same approach. Mr. Heisner wants to be "on the floor" working out and holds the belief that senior instructors should be setting the
example in their training, not merely walking around in their uniforms "looking pretty".

Some of the Japanese instructors would begin classes or a training branch on military bases. They trained very hard.

One story that Mr. Heisner tells is of his Okinawan instructor training a class of U.S. military students. In one session, the instructor took the approximately 30 candidates on a run … a three mile run! He had them run the three miles in bare feet. The run was through woods, fields, streams, pavement etc. The candidates did not have the option to quit the running, there was only one way to "get out of it". That was to pass out. After the run was completed, the physical conditioning exercises and technique training began. However, out of the group that began, only a handful came back! This was not in an effort to be demeaning or arrogant. This was an effort to prepare potential military forces to "SURVIVE UNDER COMBAT!"

Other stories include the method that one Japanese instructor used to "fix" improper stances. As the class would be training, the instructor would walk around with a Kendo sword (bamboo sword). If your stance was not correct … WHACK … you got the Kendo sword against the back of your leg. Mr. Heisner observed how quickly people learned PROPER stances!

Smiling, chewing gum or other such activities during classes were not tolerated. Again, it is important to understand the Asian mind-set for their dojos (training halls). They take their training VERY SERIOUSLY! If you are smiling or laughing during a workout, they feel insulted that you are not taking what they are teaching you seriously. Mr. Heisner notes that they had ways of "wiping that smile off from your face." If you were chewing gum,