

武  
道  
魂



# MMA

PROGRAM

## 2012-13



# BUDOKON AT A GLANCE

**ESTABLISHED**  
2001

**APPLIED SCIENCES TAUGHT**  
Yoga, Mixed Martial Arts, Nutrition, Life Coaching & Meditation

**FACULTY**  
About 10 active worldwide directors including Japan, Norway, Great Britain, United States & Spain

**STUDENTS**  
Over 500 active students

**SCHOOL COLORS**  
Gold, Black & White



**TEACHING ALUMNI**  
About 300 graduated teachers worldwide

**MOTTO**  
English - *"The way we do anything, is the way we do everything"*  
Latin - *Modo Aliquid Operatur, Est Modum Omnia*  
Japanese - *Hitotsuno kotoga subetewo arouse*  
Spanish - *La forma en la que uno hace cualquier cosa es la forma en la que uno hace todas las cosas*

Family



# BUDOKON AT A GLANCE CONT'

## UNIVERSITY PROFESSORS

Donato Helbling, Joe Ensign, Jamal Pender, & Guilherme Arashiro

## BUDOKON UNIVERSITY PRESIDENT & FOUNDER

Kancho Cameron Shayne

## BUDOKON UNIVERSITY SHIELD

The 3 swirling marks is a ancient Japanese symbol called the *Hidari Mitsu Tomoe*. It is said to represent man, heavens and earth in harmonious rotation. It is the crest of Hachiman Great Bodhisattva (tutelary god of warriors. He is also divine protector of Japan and the Japanese people.) Many samurai clans used this crest as their own. The figures within the symbol represent hatha yoga, martial arts and mediation.



## NAMING

The name Budokon was created by the University's founder, Kancho Cameron Shayne. It was taken from the Japanese language; Bu (meaning warrior), Do (meaning the way), Kon (meaning the spirit or soul). This translates as "the way of the warrior spirit". This name was chosen to represent a person living the WAY of the betterment of all humanity achieved through the SPIRIT of unwavering virtue and defended by the WARRIOR's service, protection, and courage.

Mastery



# THE BUDOKON PHILOSOPHY

Budokon is an integral approach to the study of the universe and our relationship within it through the study of the Yogic, Martial and Living arts. Similar to the 8 limbs of Ashtanga Yoga or Kung Fu, Budokon has its own six pillar system which makes a body of science and philosophy used as a moral code to provide a practical means of realizing the highest ideals in daily living. Rather than separating different areas of human knowledge Budokon integrates them together. Budokon studies the tree of life as a whole rather than limiting itself to one branch. This tree is a great organization of diverse elements yoked together by the unifying natural law. Budokon seeks to understand this law and teach its principles.

The Aim of Budokon is to expand the awareness of individual consciousness and thereby expand the awareness of the collective consciousness. To accomplish this intention we need to audit our minds seeking out limiting beliefs that cause us to suffer in every area of our lives. But in order to do this we must have a methodology. Budokon provides a specific life coaching method by teaching us to identify the fears of survival residing in our animal natures and transcend those fears towards our evolved self. Obstacles such as ignorance, intolerance, attachment and selfishness are overcome by means of the Budokon practices. Budokon thus cultivates an ongoing zen state or single mindedness, that helps us to free the mind from limitations.

The universe is a product of opposing forces: The static principle (yin, rest, Shiva, yogic asana) and the dynamic principle (yang, movement, Shakti, Martial technique). The external part of all energetic beings is the dynamic and the internal is the static. In a dynamic state, energy becomes unorganized and distorted and only in the static state of rest can the energy reorganize itself. Energy undergoes many changes, gets distorted and then reorganizes itself during the period of rest. Thus a process of creation, preservation and deconstruction, reorganization and re-creation continues forever. Budokon believes that this universal truth exists in the physical world and applies to all energetic beings.

Budokon recognizes that desire is the motivating force behind these opposing forces. Many other spiritual sciences teach the renunciation of desire. They attempt to overcome desire through asceticism (abstinence from worldly pleasures). Yet one is left with the paradox that to achieve a state of non desire, one must have a strong desire to be without desire. Budokon asserts that desires are natural and as long as we are in the physical body we will have them. Therefore it is the goal of Budokon to teach right action with desire rather the renunciation of it.



Focus



# ABOUT BUDOKON'S FOUNDER

## A BRIEF BIOGRAPHY OF KANCHO CAMERON SHAYNE

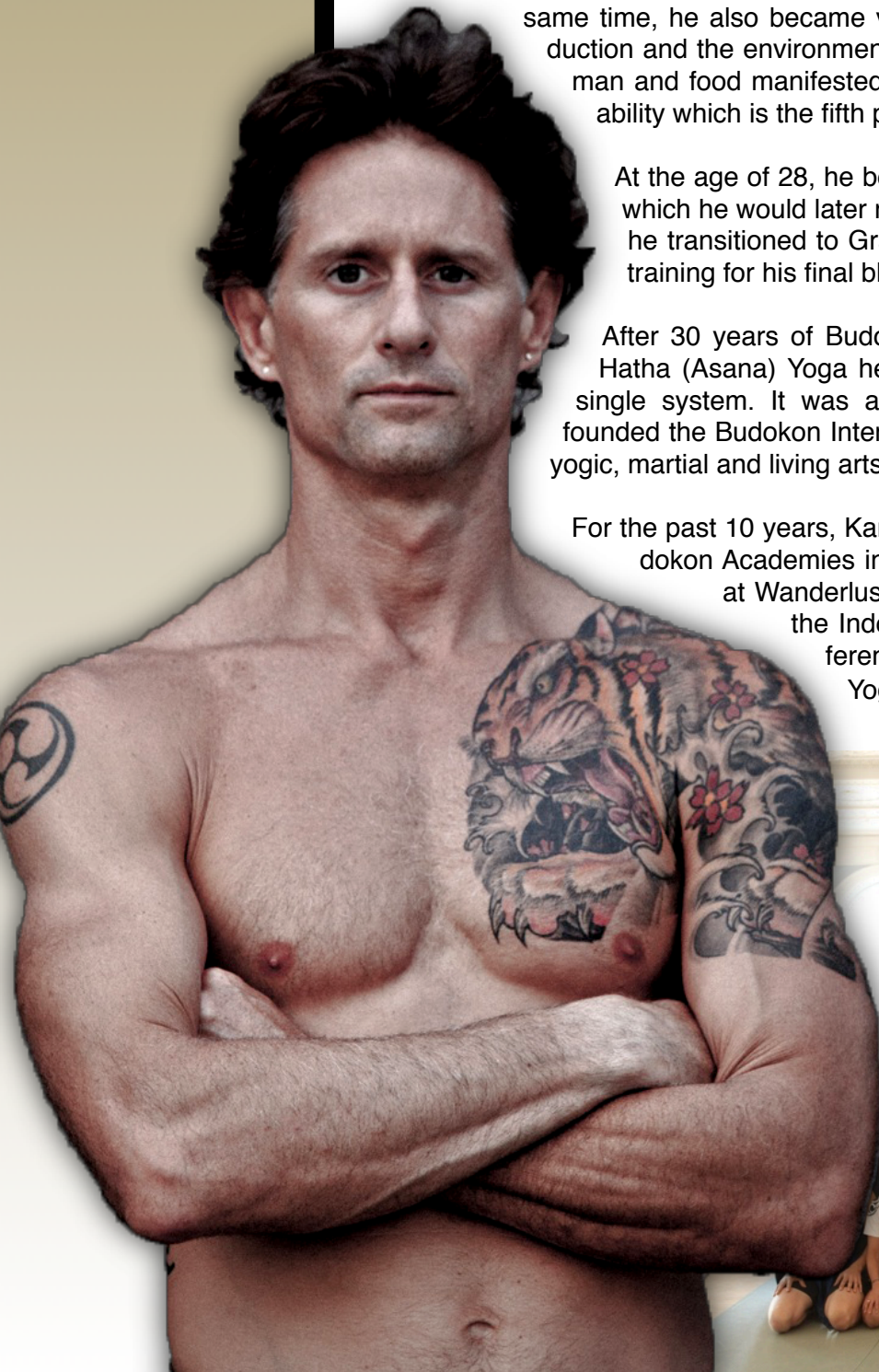
Budokon was founded by philosopher, martial artist and yoga master Kancho Cameron Shayne. Born in 1971 he began training in the martial arts and zen meditation at the age of 12 under the Korean Moo Do Kwon system in which he received his first black belt. At the age of 23 he was introduced to Ashtanga Yoga in New York. He later moved to Los Angeles where he continued a devoted personal study of Yoga under various teachers until merging the Yogic and Martial arts into an integral system. Together the martial and yogic arts form the sixth pillar of the Budokon system.

At the age of 16, along with his study of martial arts, Cameron became conscious of nutrition. For the next 2 decades he would continue his desire to understand food as a way to heal the body. This would become the fourth pillar of the Budokon system. During this same time, he also became very aware of the relationship between food production and the environment. This passion to understand the natural cycle of man and food manifested into an in depth study of environmental sustainability which is the fifth pillar of the Budokon system.

At the age of 28, he began to train in Japanese Karate-do (Yoshukai) in which he would later receive his 3rd degree black belt. From Karate-do he transitioned to Gracie Style Brazilian JiuJutsu where he is currently training for his final black belt.

After 30 years of Budo (martial arts), zen meditation, and 15 years of Hatha (Asana) Yoga he began integrating the three philosophies into a single system. It was at that time that Kancho Cameron created and founded the Budokon International Organization, the first codified mixture of yogic, martial and living arts.

For the past 10 years, Kancho Cameron Shayne has been establishing Budokon Academies in Asia, Europe and the US. He presents annually at Wanderlust, the Tokyo Yoga Show, the London Yoga Show, the Indonesian Yoga Conference, the Austria Yoga Conference, THE German Yoga Conference, Indonesian Yoga Festival, and the Yoga Journal Conference.



# THE MMA PROGRAM OVERVIEW

The Budokon MMA program is a course that teaches the Budokon integrated living model through our unique combination of martial, yogic and living arts to anyone inspired by personal growth. We focus on 6 areas of personal development: Thought, Emotion, Relationship, Environment, Nutrition and Movement. This program is an integral model requiring a total of 200 hours of life coaching, physical practice and self study for each belt rank achieved. The belt ranking is modeled after the Japanese classic martial arts systems with student beginning at level one, white belt, and advancing through the system until finally achieving a black belt.

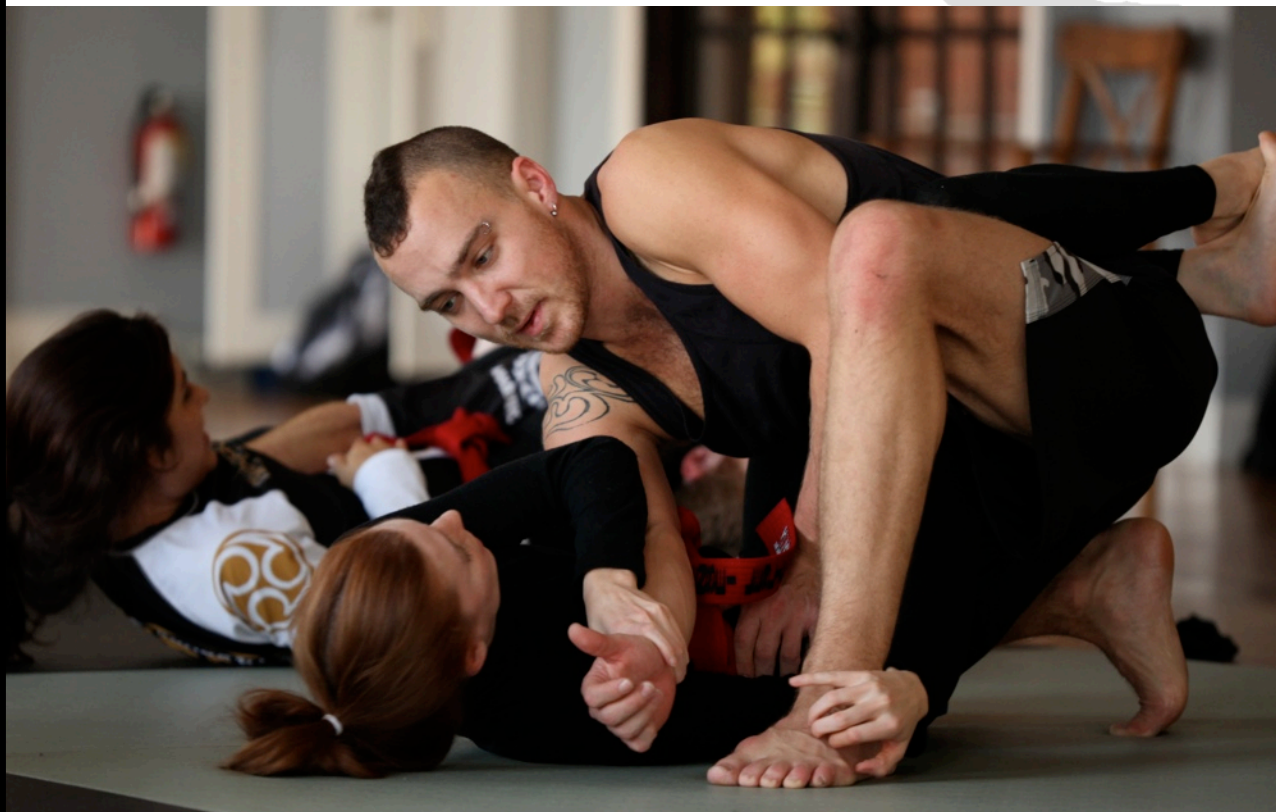
The Budokon system has six belts: White, Red, Blue, Purple, Brown and Black. Each belt requires a minimum total of 200 hours which is achieved in four training phases. Each phase is three days. Training phases can be spread out over 6-24 months for each belt. It takes the typical student 3-12 months to achieve one belt. The black belt is typically achieved over a 5 year span.

## WHAT ROLES DO THE MARTIAL AND YOGIC ARTS PLAY?

We use the martial arts in the developmental areas of emotion and movement. Along with the ability to defend oneself, Martial arts brings to the surface many underdeveloped areas in the student from physical weakness to unresolved emotional fears. There are numerous philosophical martial arts principles applied and taught in regard to self awareness, leadership and service that apply to all areas of development.

The yogic work is used both physically and philosophically as a way to identify and heal emotional and physical injuries. We teach primarily yoga posture (Hatha Yoga) with no emphasis on yoga as an expression of religious theology.

We ultimately use the yogic and martial arts as a way to measure the students physical and emotional growth throughout the course. Each system serves to elevate the student to peak physical and mental condition. serve to get the students in both peak physical and mental condition as well as teaching practical self defense.



Excellence



# ABOUT THE MMA CURRICULUM

## UNDERSTANDING THE BUDOKON PHYSICAL PRACTICE

The Budokon physical practice is a set series of movements with six belted levels combining Yoga postures, Martial arts techniques and animal locomotion therapy. Just as Ashtanga Yoga has a primary series and Karate has katas, Budokon has its own unique set series. Our academy trainings and workshop weekends are focused on teaching this set series.

## OUR YOGA CURRICULUM

The Budokon yogic curriculum is influenced by the intelligent alignment principles of BKS Iyengar, the power of Ashtanga yoga and the freedom of creative sequencing cultivated in Vinyasa yoga. The Budokon yoga system teaches traditional asana in addition to Budokon original yoga techniques created by Kancho Cameron Shayne.

## OUR MARTIAL ARTS CURRICULUM

The Budokon martial curriculum consists of a combination of standing and grappling techniques. The kicking draws from Taekwondo and Karate-do, the punching draws from boxing, and the grappling from Brazilian Jiu-Jitsu.

## OUR LIVING ARTS CURRICULUM

The living arts curriculum is focused on areas outside of physical movement such as communication, emotions, environment and nutrition. In this part of the curriculum we look deeply at the experiences that form our beliefs and the beliefs that form our actions. We explore why we say what we say, and do what we do. Each student shares personal stories and participate in a therapeutic group environment. This builds a sense of camaraderie in the students as they learn that they are not alone in their pain and can learn from the pain of others.



Integrity



# MMA FORMAT, TUITION, EXAM & REQUIRED HOURS

## OUR 4-PHASE PROGRAM (Each phase is 3 days)

The 4 phases consist of:

- 4 individual weekends (Friday/ Saturday / Sunday) - **\$399 per phase**

\*In addition to the fixed costs above, students are responsible for their own airfare, lodging, ground transportation, and meals during each phase of training. However, local accommodations are often provided with hosting teachers.

## CLASSROOM HOURS BREAKDOWN

During each weekend phase, each day will consist of the following in no specific order:

- 2 hours of group therapy / life coaching / 6 pillars study
- 6 hours of physical technique & queuing practice
- 1 hour break for lunch

BELT	RED	BLUE	PURPLE	BROWN	BLACK
Required Phases	4	4	4	6	6
In Class Hours Per Belt	120	120	120	120	120
Personal Practice Hours	130	130	130	280	280
Total Program Hours	250	250	250	400	400

## MMA BELT TESTING OVERVIEW

The fourth and final phase of each belt will be personally conducted by Kancho Cameron Shayne. Students may test at any time within one (1) year of completing their 3<sup>rd</sup> phase. The belt testings are open to all belt ranks on any Budokon University weekend.



Dedication





# FREQUENTLY ASKED QUESTIONS

## WHAT KIND OF SHAPE DO I NEED TO BE IN?

You need to be at least at an intermediate fitness level to participate. Intermediate is defined as having a weekly physical practice in some sport or discipline. If you have never played a sport or practiced yoga but feel that you have the right attitude and are willing to physically and mentally work hard for 3 days you are welcome to join us.

## IS BUDOKON UNIVERSITY ONLY FOR PROFESSIONAL TEACHERS?

No. Over half of our student base is enrolled strictly for personal growth with no intention of becoming professional teachers. We do however train all of our students with the same emphasis on outstanding knowledge and execution. In other words you'll be trained like a teacher with the option of becoming one without the pressure of having to be one.

## DO I NEED TO HAVE EXPERIENCE IN YOGA OR MARTIAL ARTS?

No. Our program welcomes anyone who loves to move, play and learn. Our program is not focused on developing professional fighters or contortionists, Budokon is about becoming balanced in your life through your movement, your thoughts and your actions. Because Budokon is a Martial and Yogic artform, you will learn a modern world application of the art of self defense and personal healing.

## WHAT DOES THE BUDOKON PHYSICAL PRACTICE LOOK LIKE?

Budokon draws inspiration from innovation. Influenced by many styles, but a slave to none, the Budokon physical practice is a mixed system that combines the explosiveness of Karate, the agility of Jiu-Jitsu, the playfulness of Capoeira, the artistry and fluidity of Tai Chi, and the meditative and restorative qualities of yoga into one seamless expression. It is a true evolution of movement that must be experienced to be understood.



Harmony



# FREQUENTLY ASKED QUESTIONS

## **IS MARTIAL ARTS VIOLENT AND YOGA PEACEFUL?**

The answer is that neither martial arts or yoga are anything outside that which the student practices them as. All arts are reflections of those who practice them. All people have unresolved tendencies toward violence and or avoidance. Budokon will facilitate the exposure of such tendencies and resolve them through diligent practice and honest self reflection. In other words, you will be asked to look at your feelings and actions and take accountability.

## **IS BUDOKON ASSOCIATED WITH YOGA ALLIANCE®?**

No. Many registry organizations prey on the ignorance of young, inexperienced yoga teachers who are misinformed and believe that they must be registered with such organization to be a qualified yoga teacher. This is not true. After graduation from our program you will be certified and registered through the organization that you were educated through - Budokon University.

## **WHERE CAN I TEACH BUDOKON?**

The BU Yoga certification is recognized through out the world in prestigious health & fitness clubs, yoga studios and martial arts studios.

## **WHAT IF I REQUIRE FINANCIAL AID?**

If you are interested in attending Budokon University and require financial aid you may apply at [budokon.com](http://budokon.com). We are very flexible with payment options and always willing to assist students with financing. To further assist with tuition costs, any student requesting housing in any of our training locations can usually be hosted by a local student for free.

## **WILL I BE SPARRING (FIGHTING) WITH THE MARTIAL ARTS?**

Yes. You will learn to spar with other students in order to learn to defend yourself and or friends or family. Being in fear of the violence in others and in yourself is natural. In Budokon you will learn to confront this natural fear of violence in a safe and non aggressive environment. No one is ever harmed or injured in our trainings because safety and sensitivity is our highest priority.



Integration

