

OUR MISSION

Through its unique self-defense school, Goshin Ninjutsu Ryū, the Open Church for Philosophy and Spirituality (OCPS) offers self-protection/self-defense training and teachings and the physical and mental development of the school's participants.

At Goshin Ninjutsu Ryū we categorize our class and training activities as follows:

Fitness and Stamina Training

Activities that focus on improving the physical fitness of the participant's body, as well as his/her stamina.

Hardening Training

Activities that focus on hardening the body, specifically with the repelling and withstanding of attacks to the body in mind.

Technical, Theoretical and Practical Training

Activities that focus on self-defense/self-protection and protection of one's own property, the physical protection of family members, friends and their property.

Activities that focus on understanding environments, situations and intentions.

Spiritual, Moral and Philosophic Training

Activities that focus on the further development of one's morals and understanding of the world around him/her through an open spiritual and philosophic approach.