



Mark W.J.M. Sterke, (1958) (大師範 博士 素手礼九 丸空 / ステルケ マルク), grandmaster-teacher and psychologist. He is 5th generation headmaster (五代 宗家, godai soke) of Shin tai ryu (心泰流; [www.shintairyu.nl](http://www.shintairyu.nl)) and is the only European who is member of the Nihon Kobudo Shinkokai (日本古武道振興会), Tokyo, received various mokuroku from the Sho sho ryu

Yawara (諸賞流 和), oldest Japanese martial arts academy and Muhen yogan ryu Bojutsu (無辺要眼流 棒術) and is allowed the use of the family kamon of the feudal Nanbu Han-clan (南部-藩, 盛岡, Morioka and the Shin tai ryu is granted the position of Shohakoryu dojo (初派古流道場)), the representative of the Nambu-han Kobudo (南部-藩 古武道).

He began training in the martial arts more than thirty eight years ago and received the 9th Dan (九段) from the Dutch Jujutsu Society (オランダ柔術協会) with the grandmaster-teacher title (大師範). He also received graduations of the Zen Nippon Kendo Renmei (全日本剣道連盟) and Dutch Judo Association (オランダ柔道協会). He is the president of the Dutch Academy of Traditional Martial Arts (オランダ武術学会; [www.bushi.eu](http://www.bushi.eu)). He is also member of the Musha nakama (武者仲間), Circle of master warriors.

He published nineteen books (<http://stores.lulu.com/Shintairyu>) and demonstrated the martial arts all over Europa and also during the Nippon Kobudo Embu Taikai 'Meiji jingu' (古武道 演武 大会 明治神宮), Tokyo, 2000. His published in Cultura Martialis, 'Koryu Bujutsu' (古武道武術), in issue number 7 in 2006. An other article in Cultura Martialis, 'Wudang Daoism and Wushu', published in issue number 9 in 2007. He is also known in Japanese magazines and books: 'Budo' (武道), 'Hiden' (秘伝), 'Nihon no Kobudo' (日本の古武道), and 'Morioka no bunka' (盛岡の文化).

Since 1986, he travelled 19 times to Japan to train the various traditional martial arts and studied Asian culture, history, martial arts and philosophies. Within the research program of the Dutch Academy of Traditional Martial Arts he travelled 5 times to China to visit all the venerable martial places and the academy published 'Venerable Martial Places of China – Hidden sources of Wushu, Budo, and related themes' and quit recently Laozi Daode jing, the martial edition (2007; in Dutch). He received recently his Doctorate in Philosophy (Ph.D.).

He lives and teaches martial arts in The Netherlands in his Japanese family dojo (Riki bu dojo (力武道場) and Japanese- and bamboo garden (Himitsu take niwa 秘密竹庭) in the centre of Tilburg-city.

The martial arts of the Shin tai ryu are: Jujutsu, Jojutsu, Kenjutsu, Iaijutsu, Hanbojutsu, Tanbojutsu, Tantojutsu, Hojojutsu, Shurikenjutsu, Sosetsukonjutsu, Tessenjutsu, Jittejutsu, Riaijojutsu, Atemijutsu, Kyujutsu, Yarijutsu and Hijutsu (柔術 杖術 剣術 居合術 半棒術 短棒術 短刀術 捕縄術 手裏剣術 活法 双節棍術 鉄扇術 十手術 理合杖術 当身術 弓術 矛術 秘術). Besides the martial arts we practice Asian classical philosophy, Asian first aid (Katsu-ho), seated meditation (Zazen) and physical exercises (Taiso). The Riki bu dojo is surrounded by a small Japanese garden en bamboo garden with over 100 species. Everybody is welcome to visit the accommodation of the Shin tai ryu.

