

FINDING A DEEPER INSIGHT TO THE MEANING OF BUSHIDO

INTRODUCING MIKE STONE'S 9 LEVELS OF POWER

MATSUMOTO CASTLE the first stop on our pilgrimage that emerges participants into the old ways of Bushido and beyond

MIKE STONE – JAPAN PILGRIMAGE TOUR MARCH 2026

FINDING A DEEPER INSIGHT TO BUSHIDO

INTRODUCING THE 9 LEVELS OF POWER

7 nights - 8 Day Japan Tour

From Tokyo to Kyoto following parts of the Nakasendo Trail in the footsteps of Samurai, Monks, Merchants and Nobles.

When

12th – 19th March 2026 with extra days to view Cherry Blossom at the end in your own time

Where Will You Stay

Traditional ryokans, temples and modern hotels through the mountains to the cities.
Travelling, by luxury vans, trains and walking.

We invite you to step away from the noise of daily life and join **Mike Stone** the principal leader and **Graham Slater** on an **8-day journey from Tokyo to Kyoto** - a path of rediscovery to the heart of martial arts. This is not just a tour, it is a **pilgrimage**. A chance to walk the ancient Nakasendo Trail to immerse yourself in **sacred shrines, natural onsens, mountain forests and traditional ryokans**, whilst exploring various martial arts, ikebana, sword making, sumi brush painting, tea ceremony, shiatsu, meditation and reiki. More than this - **it is a journey inward.**

**MIKE
STONE**
Principal
Guide



Why This Journey?

Today's martial arts world is rich in techniques, sharper moves, and faster drills, but something has been lost. The **heart of martial arts** respect, humility, integrity, compassion, loyalty and courage has been overshadowed by trophies, belts, business and ego.

As teachers, many of us began by sharing martial arts as a complete way of life. Over time, the pressures of society and instant gratification led us to compromise. Students demanded speed, power, and recognition while the deeper qualities of the art faded. **It is time to return.**

The Purpose

This pilgrimage is designed for **martial arts masters who feel the call to go deeper** to reconnect with the timeless Code and to bring that essence back to their students and communities.

On this journey you will:

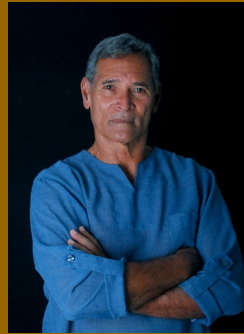
Validate your own knowledge by walking alongside masters who share the same dedication.

Find new depth within yourself through nature, reflection, and shared brotherhood.

Reclaim the Code of the Warrior as a living practice not just tradition, but a way forward in a world that desperately needs it.

Awaken purpose and clarity so that you return home with more than experiences, you return with transformation.

Mike and Graham have chosen an environment where nature helps quiet the mind and open the spirit. The rivers, forests, and mountains of Japan will guide you into stillness, presence, and awareness. From there, true strength emerges.



Mike Stone – Martial Arts Legend, 91 Black Belt Competition Wins (kata & kumite) Hollywood Actor / Producer, Author, Poet, Keynotes Speaker, Philosopher & Wellness Mentor shares his knowledge through elements of his unique **9 Levels of Power Program** and other courses.



Graham Slater Martial Arts multi-style veteran of 52 years, Publisher, TV Producer, Reiki Teacher, Reikijutsu Founder, Martial Arts Australia & Fit Multimedia Founder, Wellness Coach, Insurance Broker shares his unique view on martial training, healing arts and philosophy.



MAGOME – one of the mountain villages we will stay

OVERVIEW - DAILY ACTIVITY SCHEDULE

Participants will be exposed to numerous daily activities from the list below:

- * 3 hours per day with Mike's program
- * 1 hour per day Graham's program
- * Martial arts or other cultural arts
- * Forest / mountain walking
- * Wholistic healing modalities
- * Visiting Gardens & Shrines
- * Visiting Onsen purification rituals
- * Eating traditional rural food
- * Group sharing time
- * Individual reflection time
- * End of day individual Gopro video reflection capture

Who knows where
your path will
take you!

Could it be a return to something
noble, real, and powerful.



A Snapshot Of Each Day

Day 1
4.00pm

Meet the group at **Tokyo Hotel** for Induction and to meet your fellow adventurers followed by dinner 6.00pm and further connections.

Day 2
6.00am

Hotel breakfast then leave at 7.00 to travel by luxury van to **Matsumoto Castle – NAGANO** to explore and participate in cultural activities and Mike's program. In the evening share stories, taste traditional rural cuisine and stay overnight.

Day 3
6.00am

GIFU - Group holistic energy training, 7.00am breakfast, 8.30am 2-3hour easy walk along the Nakasendo trail through forests and mountains. Then travel via van to next stay and continue cultural activities with martial arts, warrior and healing principles.

Day 4
6.00am

GIFU - Group holistic energy training, 7.00am breakfast, 8.30am 2-3hour easy walk. During the day will include activities from sumi painting, ikebana, sword making, kudo, iaido, ninjutsu, sumo, shiatsu, reiki. Some walks will be directly from one village to another where you will stay overnight.

Day 5
6.00am

GIFU - Group holistic energy training, 7.00am breakfast, 8.30am 2-3hour easy walk. During the day will include activities from sumi painting, ikebana, sword making, kudo, iaido, ninjutsu, sumo, shiatsu, reiki. Some walks will start with a drive to the start and a pickup at another point to take you to your Inn.

Day 6
6.00am

GIFU - Group holistic energy training, 7.00am breakfast, 8.30am travel to **KYOTO** 2-3 hours straight to the bamboo forest for training. Then lunch, Inn check in, ready to visit Japanese gardens and shrines. Each evening will have activities and free time even if it is not mentioned here.

Day 7
5.00am

KYOTO - Walk to the top of the **Fukumi Nari Temple** to see the sun rising and meditate. Continue with Mike's program then after lunch Visit the **Butokuden** to watch various martial arts performances and present your own. The evening will be our Sayo Nara Presentation Party.

Day 8
6.00am

KYOTO - Group holistic energy training, 7.00am breakfast, 9.00am Reflection on the journey and closing ceremony with the opportunity to make your own pledge to continue evolving.

Please note this is just a planned schedule and will change according to availability of leaders and venues

Does this picture resonate with you? Perhaps its time to create change!




Becoming a better version of yourself, could be easier than you think in the right company and environment

This journey is designed to be both personal and shared with time for stillness, group reflections, and **master-to-master learning**.



Walking a path less trodden can take courage, but the rewards can be enlightening

My lifetime goal has always been to become the best version of myself, guided by my daily mantra: always strive to be my best. I can only achieve this by carefully monitoring my thoughts, words, and actions, and by remaining disciplined in the spiritual, mental, and physical aspects that form my humanity. *Mike Stone*



Who is this
Journey for?



This journey is not about new techniques.
It's about remembering why we began.

- * Validate your mastery.
- * Discover a deeper self.
- * Reignite the Code.



"Return to the Heart of Martial Arts."

"Walk the Warrior's Path."

"Not just a journey through Japan, but through yourself."

This program is based on land cost only and includes:

- * Accommodation, Breakfast & Dinner, Transport
- * Entrance to shrines, gardens & cultural experiences
- * Training and Programs with Mike, Graham and other local leaders
- * Ceremonial Kimono and special wooden training katana

This invitation is for 12-16 martial arts teachers who:

- Feel something essential has been lost in the martial arts world.
- Want to validate their own knowledge while discovering deeper truths.
- Seek to bring clarity, purpose, and integrity back to their art and their students.
- Are ready for a personal transformation in the spirit of Bushido.

*This experience will be **captured on film by our crew**, for the majority of the journey.*

You are encouraged to bring your own camera and at least do a personal log at the end of each.

*The filming will be **a gift to you** and maybe used to share across tv channels and socials.*

Please advise if you have any concerns around the filming and we will accommodate your needs.



Are you being called to join this group of martial arts leaders?

We are taking expressions of interest for this unique journey.

For many this will be a once in a lifetime experience especially with the limited numbers. We are looking for a well-balanced group of martial arts leaders who are open minded to try new things, willing to share their experiences and accept guidance. Participants will walk and travel together in luxury vans and trains with some accommodation in private rooms and sharing of rooms depending on locations. Most accommodation will be highest level, but on occasion we will seek temple communal dwellings. Participants are free to accept this or can request other arrangements, at a different price. We want to match individuals into a harmonious group to enhance everyone's experience and goals.

Let's get to know you - **Send us your BIO** – Style, Years of exp, Business, Interests include photos and or videos or website etc which can be captured in our form. Any medical restrictions, Things you will not do (eg communal bathing), things you love, special dietary requirements and your goals for this trip.

Use this form to apply via **Graham Slater**
E: support@martialartsaustralia.com.au



More about your Principal Host
& Leader **Mike Stone**
www.MikeStoneMartialArts.com

More about your Operations Leader
Graham Slater
www.MartialArtsAustralia.com.au
www.FitMultiMedia.com.au