

FIRST FULL ISSUE

INSIDE

NINJUTSU

NINJUTSU, BUJINKAN & JIU JITSU MAGAZINE | ISSUE #1 | SPRING 2024

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EDITOR'S NOTE



OUT OF THE SHADOWS

Welcome to the inaugural edition of *Inside Ninjutsu* magazine. Building upon the success of our sample issue, we are thrilled to present a wealth of exclusive content that delves deeper into the secrets and traditions of these ancient arts.

In this edition, we embark on a journey to correct misconceptions about the elusive ninja, shedding light on the truth behind the myths and legends that have shrouded their legacy for centuries.

Furthermore, we explore the tools and techniques utilized by the ancient shinobi, offering an insight into the equipment that defined their covert operations.

*Our feature on the Bujinkan documentary series, *Dojo Life*, provides an exclusive glimpse into the inner workings of this revered martial arts tradition. Uncover the raw emotion and dedication that fuels the practitioners of this ancient discipline.*

*Last but not least, we present a preview of *Ishizuka Sensei's* debut book, a groundbreaking exploration of the *Gyokko Ryu* – the foundation school of the Bujinkan system.*

Immerse yourself in the rich tapestry of Japanese martial arts and uncover the timeless wisdom and tradition that lies within.

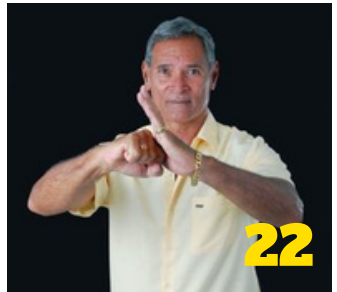
Chris

**EDITOR-IN-CHIEF
INSIDE NINJUTSU**

CREDITS

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DISCLAIMER

The articles presented in this magazine are intended for informational, historical, and entertainment purposes only. The authors and publishers do not condone or endorse any criminal acts, and readers are encouraged to approach the content with a responsible and ethical perspective. Prior to engaging in any physical activity or attempting techniques discussed in this magazine, it is strongly advised to consult a qualified medical professional or trained instructor to ensure your safety and well-being.

Readers are welcome to freely distribute this magazine, keeping in mind the importance of responsible sharing and the adherence to legal and ethical standards. The content herein is meant to inspire curiosity, knowledge, and appreciation for martial arts and related subjects.

INSIDE

NINJUTSU

P R E S E N T S



A DEDICATED NINJUTSU

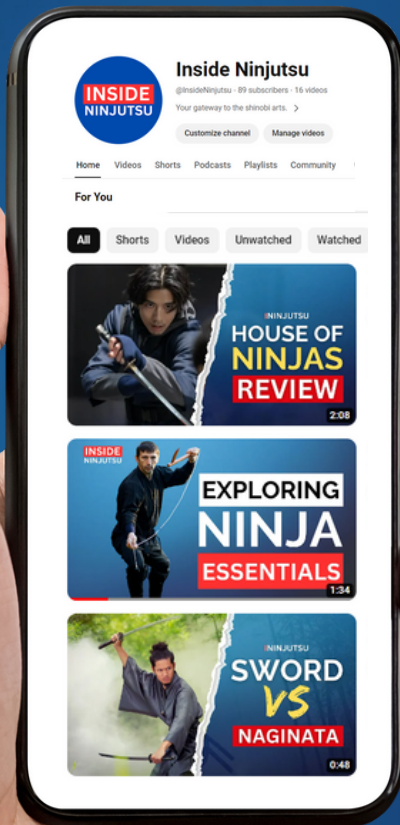


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BUYU BULLETIN



News



Stories



Blogs



Your Stories Wanted!

As we begin our journey through the shadows, "INSIDE NINJUTSU" invites you to become an integral part of our vibrant community. We are thrilled to announce an open call for contributions from passionate individuals like you, who embody the spirit and dedication of the ninjutsu tradition.

Whether you're a seasoned practitioner, a martial arts club leader, or an avid researcher, we welcome your stories, insights, and discoveries to grace the pages of our esteemed publication. "INSIDE NINJUTSU" is more than just a magazine; it's a platform for the global ninjutsu community to share, connect, and celebrate our shared passion.

Share the achievements and milestones of your martial arts club. Whether it's a recent accomplishment, a unique training approach, or a special event, we want to showcase the diverse and thriving ninjutsu communities around the world.

Are you organizing a seminar or workshop? Let the community know! Share details about your upcoming events, imparting knowledge and skills to fellow practitioners. It's an opportunity to connect and enrich the ninjutsu experience for everyone.

Excited about a new book or video related to ninjutsu? Whether it's your creation or a recommendation, we want to feature it. Let us know about the latest releases that captivate the essence of ninjutsu.

Have you stumbled upon a historical gem related to ninjutsu? Whether it's a newfound scroll, artifact, or an insightful discovery, share your historical revelations with the community. Let's collectively unravel the secrets of the past.

How to Contribute:

Feel free to submit entire articles, accompanied by captivating pictures. Your contributions can cover a wide range of topics—personal experiences, training methodologies, historical insights, or any other aspect that fuels your passion for ninjutsu.



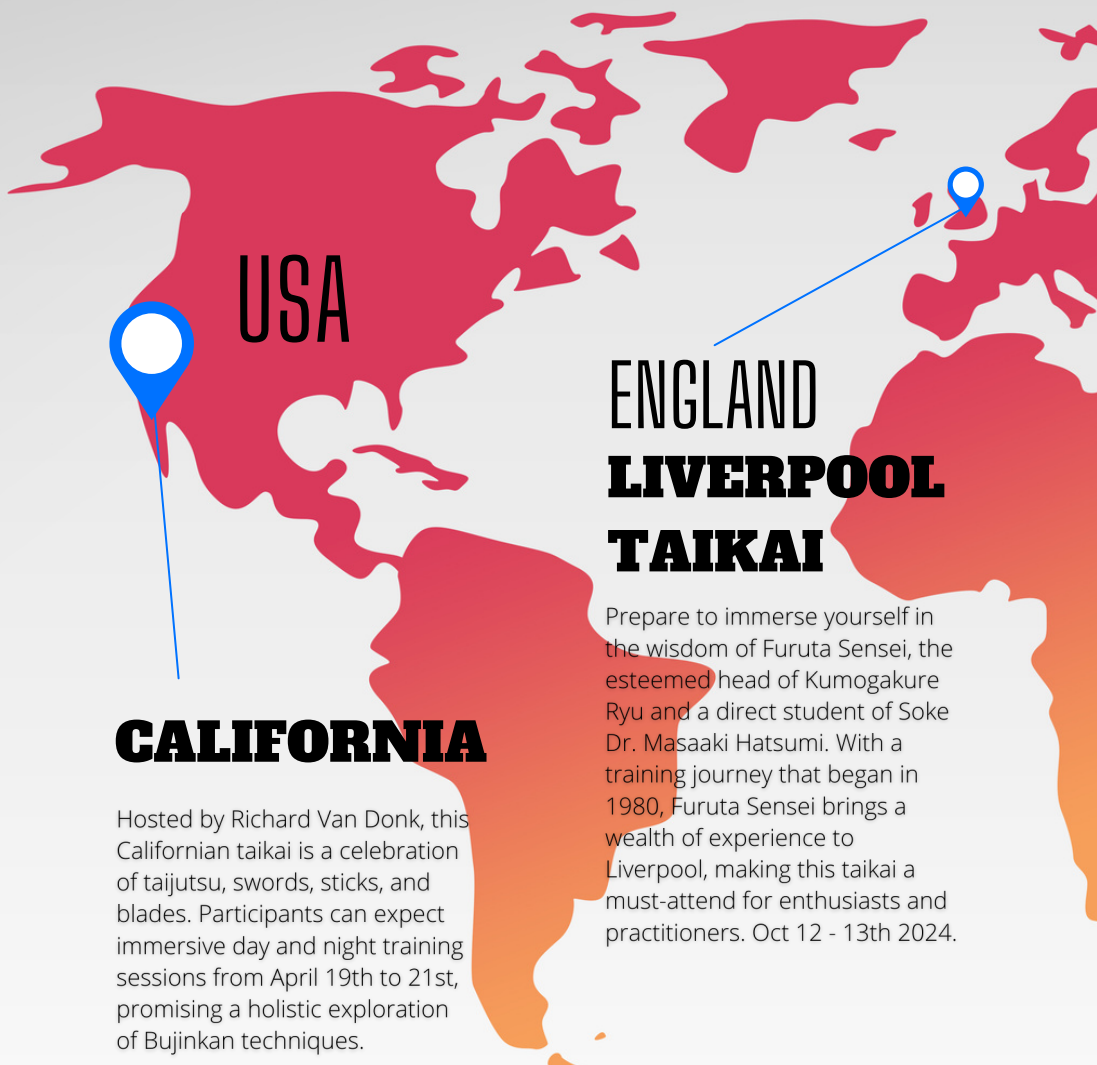
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NINJA NEWS

Global shinobi stories at a glance



USA

CALIFORNIA

Hosted by Richard Van Donk, this Californian taikai is a celebration of taijutsu, swords, sticks, and blades. Participants can expect immersive day and night training sessions from April 19th to 21st, promising a holistic exploration of Bujinkan techniques.

ENGLAND LIVERPOOL TAIKAI

Prepare to immerse yourself in the wisdom of Furuta Sensei, the esteemed head of Kumogakure Ryu and a direct student of Soke Dr. Masaaki Hatsumi. With a training journey that began in 1980, Furuta Sensei brings a wealth of experience to Liverpool, making this taikai a must-attend for enthusiasts and practitioners. Oct 12 - 13th 2024.

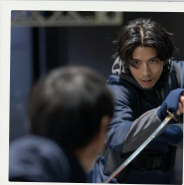
FINLAND **SHIRAIISHI TAIKAI**

Daishihan Isamu Shiraishi will fly to Helsinki at the end of the year. Little has been released about the event at this stage. More information on the exact location and schedule is expected soon. In the meantime, put November 15 - 17 in your diary.

JAPAN

NINJA SYMPOSIUM

Togakushi hosted a captivating symposium dedicated to the enigmatic world of the shinobi. Tourist Information Centre became the stage for a day of exploration led by Bujinkan master Hiroshi Nagase. Renowned for his expertise, Nagase Sensei, who initiated his journey into the art of the ninja in 1980, demonstrated the intricate techniques of shuriken—a weapon synonymous with the legendary shadow warriors.



Netflix's latest sensation, 'House of Ninjas,' catapults viewers into the secretive realm of modern-day ninjas, offering a compelling blend of mystery, action, and riveting storytelling. Making an explosive debut, the series surged to the #2 spot on the Global Top 10 Non-English TV List within its inaugural week, amassing an impressive 4.2 million views. 'House of Ninjas' also secured a Top 10 position in 71 countries, captivating audiences worldwide.

Ishizuka Sensei's Legacy Unveiled

A transformative project is underway in the world of martial arts literature as Ishizuka Sensei, the esteemed headmaster of Gyokko Ryū, prepares to release his upcoming book.



Guiding this journey is Kacem Zoughari, a dedicated disciple and historian, translating the profound teachings into a narrative that encapsulates Gyokko Ryū's essence.

Roberto Chaves, an artistic visionary, lends his design prowess to create a visual experience that harmonizes tradition with contemporary aesthetics. Complementing this fusion of art and wisdom is William Ustav, the meticulous editor ensuring precision and coherence in bringing Gyokko Ryū's timeless teachings to life.

At the heart of this endeavor is the profound exploration of koshijutsu, the cornerstone of ninjutsu, as elucidated by Ishizuka Sensei in a revealing video interview with Kacem Zoughari. Ishizuka Sensei emphasizes the paramount importance of passing down the understanding gleaned from extensive practice in taijutsu and koshijutsu to each student with precision and authenticity.



Image: William Ustav / Bujinkan Hirameki Dōjō

“My main purpose is to pass down correctly to every student the understanding through experiences and situations that come from the long practice of taijutsu and koshijutsu.”

The book is thoughtfully structured, with each chapter delving into different facets of Gyokko Ryū's profound teachings. Chapter one serves as a comprehensive primer on koshijutsu, encompassing its historical evolution, methods of practice, and techniques for conditioning the body—a testament to Ishizuka Sensei's dedication to preserving the essence of this ancient art.

In chapter two, readers are immersed in the practical application of Gyokko Ryū, focusing on its techniques across three levels and the fundamental principles encapsulated in the kihon happo.

This section promises to provide practitioners with invaluable insights into mastering the intricacies of this venerable martial tradition.

The third section of the book offers a glimpse into the lineage and transmissions of Gyokko Ryū, recounting Ishizuka Sensei's personal encounters with luminaries such as Takamatsu Sensei and the invaluable lessons imparted by Hatsumi Sensei. Through these anecdotes, Ishizuka Sensei underscores the rich tapestry of wisdom woven through generations of masters, ensuring that their legacy endures through his teachings.

Central to Ishizuka Sensei's vision is the aspiration to rectify the proliferation of inaccurate martial arts literature that plagues the modern landscape. By offering a carefully researched and authentically crafted reference book, he seeks to provide a beacon of clarity for practitioners seeking to navigate the depths of Budo with integrity and reverence.

In a poignant conclusion to the interview, Ishizuka Sensei imparts a timeless message, advocating for the holistic pursuit of excellence through the study of diverse arts such as photography, dance, music, and calligraphy. This approach reflects Gyokko Ryū's ethos of cultivating the complete budoka.

Ishizuka Sensei's upcoming book is not just a publication; it's a conduit connecting ancient traditions with a modern audience.

Noguchi Sensei Taikai in Chicago Celebrates Martial Arts Excellence

Chicago recently played host to a gathering of martial arts enthusiasts from across the globe as they converged for the highly anticipated Noguchi Sensei Taikai. The event, a training seminar for students in the Bujinkan, offered a unique opportunity for practitioners to deepen their understanding of classical Japanese martial arts under the guidance of esteemed instructors.

A highlight of the taikai was Sean Askew receiving Menkyo Kaiden in Koto Ryu. This special recognition underscores Mr Askew's dedication and mastery of the school. In classical Japanese martial arts, Menkyo Kaiden represents the pinnacle of achievement, signifying a profound level of skill and knowledge acquired through years of rigorous training.

Reflecting on his milestone achievement, Sean Askew shared, "Today marks a momentous occasion in my journey, one that has

left me both deeply honored and humbled." His words encapsulated the profound significance of the recognition, acknowledging the weighty responsibilities that accompany such a prestigious honor.

The taikai also served as a platform for attendees to immerse themselves in the teachings of Noguchi Sensei, a revered figure in the martial arts community known for his infectious energy and expertise. Participants were explored techniques from Takagi Yoshin Ryu and Kukishinden Ryu, as

as well as bojutsu, providing them with a wealth of knowledge and inspiration to enrich their training in their respective dojos.





"Noguchi Sensei was amazing as always. Thank you to Kei and Sean Askew and their wonderful Taikai team. Thank you for providing this opportunity to learn from Noguchi Sensei once again! I'm looking forward to next year's Taikai!"

- Antonio Rodriguez

Looking ahead, Noguchi Sensei's dedication to sharing his knowledge shows no signs of waning, as he prepares to embark on a training weekend in Europe, with Prague serving as the host city. With over five decades of experience in the Bujinkan, Noguchi Sensei remains steadfast in his commitment to imparting the teachings of Hatsumi Soke to future generations.

"As much as possible, I would like to do my best to help people understand some of the many techniques transmitted by Hatsumi Soke," remarked Noguchi Sensei, underscoring his unwavering dedication to preserving and disseminating the rich legacy of Japanese martial arts.

The Noguchi Sensei Taikai in Chicago stands

as a testament to the enduring allure of martial arts and the unyielding spirit of its practitioners. With each gathering, enthusiasts come together to celebrate their shared passion, enriching their understanding and forging lifelong connections along the way.





INSIDE NINJUTSU presents

NINJA

MYTHS

BUSTED

Ninja Myth Busting: The Truth Behind Japan's Covert Agents

Ninjas, or shinobi, have long captured the imagination with their tales of stealth, espionage, and unconventional warfare. However, popular culture has often distorted the reality of these ancient spies. Let's peel back the layers of myth and uncover the truth about these enigmatic figures from feudal Japan.

NINJA MYTHS BUSTED 1

Ninjas Wore Black Outfits and Masks:

The iconic image of ninjas clad in black with masks and hoods is pervasive in popular culture. However, this attire would have been impractical for blending in. In reality, ninjas dressed in traditional clothing of the era, allowing them to move unnoticed among the general population.

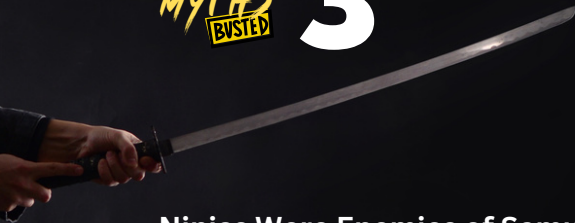


NINJA MYTHS BUSTED

2 Ninjas Were Assassins:

Contrary to popular belief, there is limited evidence of ninjas carrying out assassinations. Their primary roles were as intelligence gatherers, scouts, or commandos tasked with disrupting enemy operations. While there are accounts of ninja setting fires to buildings, assassination was not their main focus.

NINJA MYTHS BUSTED 3



Ninjas Were Enemies of Samurai:

While conflicts did occur, such as Oda Nobunaga's campaign against the Iga region, the heartland of the ninja, ninjas and samurai often collaborated. One of the most renowned ninjas, Hattori Hanzo, was himself a samurai, highlighting the complex relationships between these groups.

NINJA MYTHS BUSTED 4

Ninjas Could Walk on Water: Dispelling the notion of supernatural abilities, ninjas did not possess powers to walk on water. However, they did have a tool called the Mizugumo, or water spider, which allowed them to traverse bodies of water stealthily. While mentioned in ancient ninja manuals, its widespread usage remains uncertain.




NINJA MYTHS BUSTED 5

Ninjas Were Always Silent: While stealth was crucial, not all ninja operations required complete silence. They adapted their tactics based on the situation, sometimes gathering information from local temples or moving in disguise. Flexibility and ingenuity were hallmarks of their approach.

DOJO LIFE DOJO LIFE

Journey into the World of the Bujinkan



In the heart of Bristol, a small but dedicated group of ninjutsu practitioners at Inyo Dojo are about to take you on an extraordinary journey through the web series "Dojo Life."





Over 15 gripping episodes, viewers will witness the trials and triumphs of these martial artists as they navigate the challenges of testing for their next belt, the stress of a live public demonstration and an enlightening ninja camp.

The series takes a unique approach, offering an intimate look at the lives of these practitioners, capturing the essence of their training, camaraderie, and the philosophy that drives them.

At the core of "Dojo Life" is Raj Bhakerd, a seasoned martial artist with over 30 years of experience in the Bujinkan.

The Bujinkan, founded by Hatsumi Sensei, comprises nine classical schools of combat. "Dojo Life"

peels back the layers, providing viewers with a rare glimpse into the ancient methods and what life is truly like at Inyo Dojo.

One of the highlights of the series is the journey of black belt Ashley Grant.





In the latest episode, viewers witness the drama as Ashley is rushed to the hospital and follow his inspiring recovery journey post-surgery. This unexpected turn adds a layer of depth to "Dojo Life," showcasing the resilience and spirit that defines these practitioners



The series also takes you beyond the dojo walls, following the students as they travel to a weekend seminar with the renowned author, researcher, and martial artist Dr. Kacem Zoughari. The inclusion of such an esteemed figure gives "Dojo Life" a level of authenticity that makes it a must-watch for enthusiasts and the curious alike.

Immerse yourself in the world of ninjutsu and explore the discipline, passion, and the indomitable spirit of these committed pupils. Stream Dojo Life on You Tube now.



@rajbhakerd1

MIKE STONE

From Karate Superstar to Ninja Movie Maestro

In the realm of martial arts, few names resonate with the same level of reverence and admiration as Mike Stone. From his meteoric rise in the world of karate to his groundbreaking contributions to the silver screen, Stone's journey is a testament to dedication, talent, and innovation. As he launches a captivating YouTube series delving into his experiences in the realm of ninja movies, let's take a closer look at the remarkable life and career of this martial arts icon.



The Karate Sensation:

Mike Stone's journey into martial arts began with a fortuitous encounter while stationed at Fort Chaffee, Arkansas. Under the tutelage of Sgt. Herbert Peters, a karate instructor fresh from Okinawa, Stone embarked on a journey



that would see him ascend to the pinnacle of karate superstardom. His unparalleled talent and unwavering dedication propelled him to victory in prestigious tournaments across the nation, earning him an undefeated record and legendary status in the martial arts community.

From the Dojo to the Silver Screen:

In the 1980s, Mike Stone transitioned from the dojo to the world of movie production, leaving an indelible mark on cinematic history. His original screenplay, "Dance of Death," later immortalized as "Enter the Ninja," sparked a global fascination with ninjas on the silver screen, igniting a craze that captivated audiences worldwide. Stone's multifaceted involvement in the film industry, including acting, producing, choreographing, and directing, solidified his reputation as a visionary force in martial arts cinema.

Setting the Record Straight:

Amidst the glitz and glamour of Hollywood, Mike Stone remains

committed to dispelling myths and misconceptions surrounding his career and the movie-making business. With his forthcoming YouTube series, Stone seeks to provide audiences with candid insights and behind-the-scenes anecdotes, offering a firsthand account of his experiences as an actor, director, fight choreographer, and stuntman.

Beyond Martial Arts:

Beyond his illustrious martial arts career, Mike Stone's influence extends into diverse realms, including writing, promotion, sports instruction, and personal fitness training. His renowned seminar program, "Living Your Dreams Now," has empowered countless individuals to enact positive lifestyle changes, emphasizing the interconnectedness of body, mind, and spirit. Stone's passion for art, poetry, and various pursuits serves as a testament to his boundless creativity and zest for life.

Mr Stone's new chapter of storytelling and self-reflection, will no doubt continue to inspire fans worldwide.



1588

HIDEYOSHI RULES THAT
ONLY FULL-RANK SAMURAI
MAY CARRY TWO SWORDS

35

NUMBER OF GRANDMASTERS
IN THE TOGAKURE RYU
TRADITION TO DATE

% OF THE
POPULATION IN THE
EARLY TOKUGAWA
PERIOD WHO WERE
SAMURAI CLASS

10

NINJUTSU
BY
NUMBERS



7

Ninja Disguises

Mastering the Art of Deception

**A crucial element of
their repertoire was
the art of disguise**

The Shoninki, a 17th-century manual offering insights into ninja life, revealed the "Shichihoude," or seven disguises, that allowed them to vanish in plain sight.

Let's explore these fascinating personas and delve into the art of deception used by these masters of espionage.

Komuso (Straw-hat Monk):

An easily recognizable figure, the Komuso donned a distinctive straw hat that obscured their face while playing a shakuhachi flute. This wandering musician persona offered anonymity and access to public spaces, allowing them to gather information or observe unnoticed.

Shukke (Buddhist Monk):

Assuming the role of a monk within a temple provided access to restricted areas and allowed interaction with various individuals. By understanding Buddhist rituals and customs, the ninja could seamlessly blend in and gain valuable knowledge.

Yamabushi (Mountain Ascetic):

These hermits, known for their austere practices and mountain dwelling, offered a unique disguise. The ninja, adept in wilderness survival, could leverage this persona to traverse hidden routes and gather intelligence in remote areas.

Shonin (Merchant):

Integrating into the bustling world of trade provided opportunities for gathering information and forging connections. Disguised as a merchant, the ninja could travel freely, engage in conversations, and even use trade goods to conceal hidden weapons or messages.



Sarugakushi (Actor):

The vibrant world of entertainment presented a dynamic cover. Actors, with their ability to transform and improvise, could infiltrate gatherings, blend with diverse crowds, and even use performances to convey coded messages or distract onlookers.

Hokashi (Street Entertainer):

From acrobats to jugglers, these street performers offered a captivating and mobile disguise. With their skills and adaptability, the ninja could attract attention, blend into different environments, and potentially use their performances to distract or gather information.

The seven disguises of the Shoninki offer a glimpse into the multifaceted skills of the ninja.





The Art of
Kyudo





BRIDGING PAST & PRESENT

In the heartland of Japan's martial arts traditions, an ancient discipline stands as a testament to both elegance and precision – Kyudo, the Way of the Bow.

Rooted in the samurai culture of the past, Kyudo has evolved into a contemplative and revered martial art, embodying a harmony between mind, body, and bow.

Origins and Development:

Kyudo traces its origins back to the samurai archery practices of the early medieval period. Emerging as a crucial skill for warriors, archery became synonymous with discipline and spiritual refinement. Over time, these practices evolved into a formalized art, deeply intertwined with Zen Buddhism. In the Edo period (1603-1868), Kyudo underwent significant transformations, moving from a battlefield skill to a path of moral and aesthetic development.

Practice Today:

In contemporary Japan and around the world, Kyudo stands as a living legacy of traditional archery. Practiced not only for its martial aspects but also as a means of self-cultivation, Kyudo emphasizes the importance of etiquette, mental focus, and a deep connection with the bow. Today, it serves as both a martial art and a meditative practice, attracting practitioners seeking a profound connection with the martial arts.

Equipment:

At the core of Kyudo lies a minimalist set of equipment, each element bearing profound significance.

The Yumi (bow), crafted meticulously from bamboo and wood, symbolizes flexibility and strength. Arrows, known as Ya, are constructed with precision, reflecting the seamless connection between archer and bow. The Kyudo-gi, traditional clothing, and Kyudo Hakama, wide pleated pants, symbolize the practitioner's commitment to discipline and respect.



Kyudo emphasizes correct etiquette & mental focus,



Technique:

Kyudo technique is a choreographed sequence of movements, each executed with precision and grace. The archer, known as Kyudoka, begins with a series of ritualized movements, connecting with the bow spiritually. The draw, anchor, aim, and release are executed with a focus on form and fluidity. The ultimate goal is to achieve a state of perfect harmony, where the archer and the bow become one, transcending the act of shooting an arrow.

Kyudo is more than an archery practice; it is an embodiment of philosophy, discipline, and mindfulness. As practitioners draw the bowstring, they not only send an arrow towards a target but also embark on a journey of self-discovery and spiritual refinement. In a world often dominated by speed and efficiency, Kyudo stands as a reminder of the enduring beauty found in precision and inner calm.

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Learn the methods which made Japan's ancient ninja the most renowned espionage agents in the world

Kawakami reveals the trade secrets of the shinobi.

1 Construct a ninja shelter using a 6ft cloth

Construct a makeshift tent using a large piece of fabric. Stay protected from the wind and rain by tying the corners of the cloth to the branches of a tree. A furoshiki would traditionally be used for this purpose - a wrapping cloth made of silk or cotton used to transport clothes, gifts and other goods. Secure it above your head to create a canopy or hang it vertically to make a windbreak. You can also use your jacket.

2 One simple way to repel insects in the woods

How do you deal with annoying gnats and mosquitoes? Try this ninja trick to keep bugs at bay. Wrap a strip of cloth dyed from the indigo plant around the end of a stick. Then stitch together to keep it from unravelling. Set light to the end. The smoke will repel pesky insects. Place in the belt or place in the ground.



3 How to climb up a steep mountainside

Surprise attacks and entering into enemy territory undetected were a key role of the ninja. This required expert level climbing skills. Shinobi had to scale stone walls, cliffs and trees.

The first method is using the bare hands . The tips of the fingers penetrate into the muddy ground to give better purchase. The hands in effect act as hooks.



The second method is to use a kunai - a chisel like tool which is driven into the soil.

And the third way is using an UCHIKAGI - a rope with a hook on the end. The hook is thrown around a branch or over a wall. Use the rope to pull yourself up.

Do not climb straight up. Move in a zigzag pattern.

4 Disappear before the very eyes of the enemy

The ninja has been discovered in enemy territory. He flees. But is pursued by some vigilant guards. The shinobi runs in a giant arc towards the woods. A stone is thrown in the opposite direction. The crack in the branches misdirects the gaze of the samurai. Hiding behind a large tree trunk the infiltrator seemingly disappears in the blink of an eye.



5 Crafty Ninja disguises

The ninja employed various methods to change their appearance. One way was to make themselves look weak or sick. They would use a natural make-up to lighten the skin. Orange peel and turmeric would give a yellow hue to the complexion. Conversely, charcoal was used to darken the skin.

NINJA TRICKS OF THE TRADE

6 Safely drink river water

Using a piece of cloth dyed with "sappan" wood (which contains antibacterial properties) cover the top of a cup. Scoop up some water and wait for the liquid to drip through the layers into the container below.

Use charcoal, sand and stones to help filter out any impurities

Another distraction method is to tie a length of rope to a fallen tree branch. From 15 feet away tug the branch creating a rustling sound. The enemy will continue their search in the wrong area. Meanwhile, the ninja escapes.

Keep low when hiding



7 Leaping down from heights without injury

Stay relaxed. Keep your eyes on your landing spot. Sink down to the ground as you land. Use your hands to help absorb the impact. Immediately spring back up or continue into a forwards roll. Practice from a low height and gradually work your way up to 2m.



T O O L B O X

Take a glimpse at the arsenal of Japan's revered medieval warriors. Delve into the diverse array of weaponry employed by the samurai and ninja.

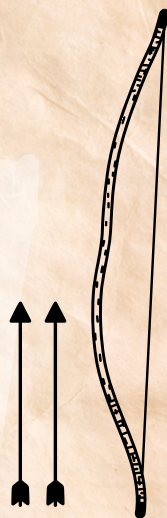


Shuriken

Shuriken, commonly known as throwing stars, were small, concealed weapons primarily used by ninja for both distraction and incapacitation, often thrown with remarkable accuracy.

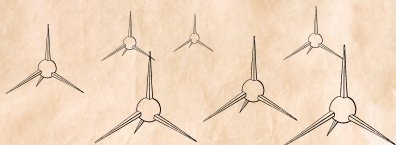
Yumi & Ya

Yumi, or traditional Japanese bows, were the primary ranged weapon of the samurai, prized for their accuracy and power in warfare, requiring years of disciplined training to master.



Makibishi

Makibishi, also known as caltrops, were small, spiked objects scattered strategically on the ground by both ninja and samurai to impede pursuit and deter adversaries, their simple yet effective design causing injury to bare feet or hooves.



Kunai

Kunai, originally farming tools, were repurposed by ninja as multi-functional implements for tasks ranging from climbing to self-defense, featuring a sharp, pointed tip ideal for stabbing and thrusting.

Kusarigama

The kusarigama, a distinctive weapon combining a sickle attached to a chain, served as a versatile tool for both close combat and ranged attacks, favored by ninja for its ability to entangle and disarm opponents.



YOUR ESSENTIAL TRAINING GUIDE

MANUAL



IN THIS SECTION

SOLO PRACTICE

How to design your own training session at home

Pg 46

STRETCHING

Apply this principle to improve your flexibility

Pg 48

SILENT MASTERY

The techniques employed by ninja to walk silently, collectively known as shinobi ashi, epitomized their mastery of stealth and evasion



Nuki-ashi involved lifting the foot quietly from the ground, minimizing sound by avoiding sudden shifts in weight

Suri-ashi, or sliding step, enabled the ninja to glide effortlessly across surfaces, reducing friction and noise by maintaining constant contact with the ground.

O-ashi, a larger, deliberate step, was executed with careful control to avoid disturbing the environment, particularly useful for navigating treacherous terrain.

Ko-ashi, in contrast, comprised smaller, more precise steps, allowing the ninja to move swiftly and silently in confined spaces or amidst obstacles.

Together, these techniques epitomized the art of shinobi ashi, enabling the ninja to move undetected through the shadows with unparalleled grace and precision.

ELEVATE YOUR HOME TRAINING

Are you struggling to structure your home training sessions effectively? Look no further! This guide is designed to assist you in crafting a training regimen that will optimize your learning and enhance your progress. By incorporating these key elements into each workout, you'll lay a solid foundation for skill development and advancement.



Warm-Up: Begin your training session with a thorough warm-up routine. This can include dynamic stretches, joint mobility exercises, and light cardio to prepare your body for the demands of the workout ahead. A proper warm-up not only reduces the risk of injury but also primes your muscles and enhances overall performance.

Conditioning: Dedicate time to improve your physical conditioning. This may involve bodyweight exercises, resistance training, or cardiovascular activities tailored to your fitness level and goals. Building strength, endurance, and flexibility will not only boost your overall fitness but also support your martial arts practice.



Basics or Kihon: Devote a portion of your session to practicing fundamental techniques, known as kihon in Japanese martial arts. Focus on refining your punches, blocks, kicks, stances, and footwork with precision and attention to detail. Mastery of the basics forms the cornerstone of martial arts proficiency and lays the groundwork for more advanced skills.

Weapons Training: Incorporate weapons practice into your regimen to expand your martial arts repertoire. Whether it's traditional weapons like the bo staff or katana, or improvised objects for self-defense training, cultivating proficiency with weapons adds depth to your skill set and enhances your ability to adapt to different scenarios.

By incorporating these essential elements into your home training sessions, you'll create a well-rounded and effective workout routine that accelerates your learning and progression in martial arts. Remember to listen to your body, stay consistent, and enjoy the journey of self-improvement and mastery.

IMPROVE YOUR FLEXIBILITY

Reciprocal inhibition is a physiological principle that relates to stretching muscles in the body. It involves the relaxation of muscles on one side of a joint in response to contraction of muscles on the opposing side of the joint.

In the context of stretching, when you engage a muscle group to stretch it, the opposing muscle group experiences reciprocal inhibition, causing it to relax and lengthen. For example, when you stretch your hamstring muscles at the back of your thigh, the muscles at the front of your thigh (quadriceps) undergo reciprocal inhibition, allowing for a deeper and more effective stretch.

This mechanism is important in achieving optimal flexibility and range of motion during stretching exercises, as it allows for a more balanced and controlled stretch across the joint. It also helps prevent muscle strain or injury by ensuring that both agonist and antagonist muscles work together harmoniously.



CHEST STRETCH

Another example of a reciprocal inhibition stretch is the chest stretch, which targets the muscles of the chest and shoulders while engaging the muscles of the upper back. Here's how to perform it:

1. Stand tall with your feet hip-width apart and your spine straight.
2. Clasp your hands together behind your back, palms facing inward towards your body.
3. Gently straighten your arms and lift them away from your body, keeping your hands clasped.
4. As you lift your arms, focus on squeezing your shoulder blades together and opening your chest.
5. Hold the stretch for 15-30 seconds, breathing deeply and maintaining good posture.
6. Release the stretch slowly and repeat as needed.

SHOW US YOUR MOVES

Become an active contributor and share your passion for ninjutsu and the martial arts with the world. Inside Ninjutsu is dedicated to fostering a community of knowledge-sharing, and we want to feature your expertise in our forthcoming publication.

How to Contribute:

1. Select a kata, training idea, or drill you would like to share.
2. Capture clear and impactful photos demonstrating the technique.
3. Write accompanying text providing insights, tips, and guidance.
4. Submit your contribution to admin@insideninjutsu.com

NINJA NUTRITION





Easy Rice Bowl

You'll need



INGREDIENTS:

- Sticky rice
- Spring onion
- Egg
- Sliced radish
- Grated carrot
- Onion bits
- Pickled ginger
- Sesame seeds
- Soy sauce to taste

INSTRUCTIONS:

Cook the rice. For ease, you can use pre-cooked sticky rice. Add to a frying pan with a little bit of sesame seed oil and heat for two minutes with the spring onions.

Meanwhile, grate the carrot and slice the radish.

Once the rice & spring onions are cooked pour into a bowl. Sprinkle over some sesame seeds.

Place the carrot, radish, pickled ginger and onion bits on top.

Crack an egg into the pan. Use a pair of chopsticks to mix the yoke and egg white together. Once it is firm, roll the egg over and add to the bowl.

Add a dash of soy sauce according to taste.

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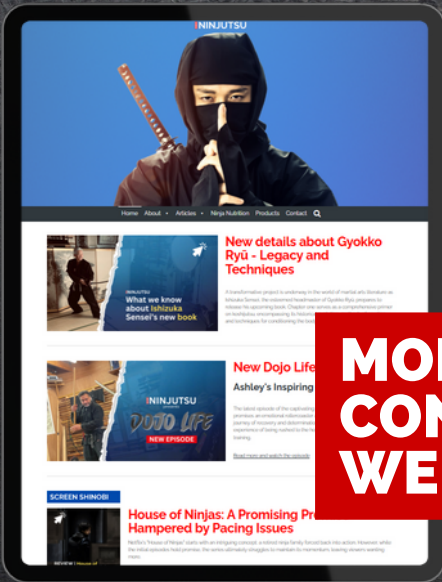
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