

# NINJA

SCROLL FROM THE SHADOW

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*by Alexander Garcia*

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SECRETS OF THE SHINTAI RYU NINJA CLAN

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DENSHO OF SHINTAI SHINOBI NO JUTSU, NINPO, NINJUTSU

*The way of the Ninja*



**DISCLAIMER:**

The martial arts techniques described in this book are written down for informational purposes only. If you want to practice them, it is all at your own risk. Get advice from a Physician before practicing any martial art related moves

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## Availability:

- Kuji Kiri Ninjitsu a.k.a. Shintai Ryu Ninjitsu



Your path to become a Black Belt,

<http://www.shintairyu.com>

# History of the Ninja

The origin of the Ninja is uncertain. It seems to go back as far as ancient China which had already developed the science of spying. One of the greatest Chinese strategists in the field, named Sun Tzu, wrote a book of the same name: Sun-Tzu, a book about war strategy and a sort of spy manual which seems to foreshadow the science of the Ninja.

In Japan itself, it was not until about 600 A.D. and especially at the end of the Heian period (1185) that the art of the Ninja or ninjutsu evolved. At that time three Yamabushi came to power in Kyoto. Yamabushi means 'mountain warrior'. In Japan there were tens of thousands of Yamabushi who, faithful to Shinto tradition, venerated the mountain and devoted at least 100 days a year to it in prayer and asceticism. The Yamabushi masters developed parapsychological knowledge and techniques of resisting pain, the cold, fire, ect.

The Ninja are not Yamabushi, however they too were men of the mountain some could be both, not because they venerated it but because most of them came from the steep remote mountains of the Iga and Koga regions. Cut off like wolves in these areas, they could more easily resist the different governments which, from time to time, tried to destroy them. In the home of a famous Ninja from Iga, the bones of 80 corpses have been found, thrown into an oubliette by a trap door just inside the main entrance. It is probable that the Ninja themselves had a number of secrets common to the Yamabushi. These secrets mainly concerned the same areas: parapsychological knowledge, resistance to pain, etc., essentially exploited by their concern for efficiency. Written in the form of a code which was indecipherable to the uninitiated, these secrets, which in modern times have been committed to the computers of the Japanese spy service, have been revealed, only to be shrouded once more in great secrecy.

In this strange world in fact, the use of parapsychological techniques is the order of the day more than ever before. The Japanese notion of michi (or do) expressing the force of energy or intrinsic power which exists in all things, is still relevant. To capture this force, whatever its nature, offers the possibility of developing different powers, of using a great variety of hypnotic 'tricks', especially as the boundary between real power and trickery was more often than not very imprecise as far as the Ninja, accomplished masters of deception, were concerned.

A Ninja was neither an exceptional nor an ordinary man, rather a different sort of man, in so far as his long and very arduous training began at an early age, in childhood. He thus learnt to disjoint the bones in his body in order to squeeze through narrow railings, to climb trees like a cat, to resist cold, to hide under water by breathing through a reed, to make himself invisible or disappear behind a smoke screen and to walk noiselessly on water. In a word, all his actions were aimed at finding the point of least resistance at all levels and at using it to conquer and destroy his enemies.



## Meaning of Shintai

心 Shin can be translated as spirit and 泰 Tai is our body. Soke Carr. wanted to call this hybrid ninjutsu system Shintai Ryu Ninjutsu. The school of the Spiritual Body Ninja, the spiritual aspect can be connected to Kuji Kiri energy channeling the nine levels of power. That is why Shintai Ryu Ninjutsu is also called Kuji Kiri Ninjutsu.

## Shintai Ryu Ninja Clan

The Shintai Ryu Ninja Clan is a clan of martial arts warriors following the path of the Ninja. Soke Joshua Carr. Is very happy when he can welcome new ninja warriors in the clan of the Shintai Ryu Ninjutsu a.k.a. Kuji Kiri Ninjutsu practitioners.

## Shintai Ryu Ninjutsu

Kuji Kiri / Shintai Ryu Ninjutsu is a hybrid system of ninjutsu that also employs techniques and theory from Jiu-Jitsu and Kenpo. The stealthy ways of the ninja (including sections on invisibility, smoke bombs, & vanishing) come to life in this system.

This system includes seven belt levels of training to the first level of Black Belt. These seven levels are demonstrated on a 5 video series. This system includes seven belt levels of training to the first level of Black Belt shodan level.



Shintai Ryu Ninjutsu includes body movement of a Ninja. A section on blinding powders, weapons, and more. Kuji Kiri has influence from Jiu-Jitsu and Kenpo as well. The course is instructed by Soke Joshua Carr who has studied the ways of the Ninja for many years. Soke Carr holds Black Belts in Kenpo and Jiu-Jitsu, as well as his rank in Ninjutsu. Soke Joshua Carr has devised the Kuji Kiri / Shintai Ryu Ninjutsu system to help martial artist realize they should not limit themselves to one style, rather to study many styles so they may be true warriors, should the need arise.

The Shintai Ryu Ninjutsu, Kuji Kiri Ninjutsu course is a hybrid system of Ninjutsu instructed by Soke Joshua Carr. Soke Carr has training in Ninjutsu, Jiu-Jitsu and Kenpo,

this Home Study Course as created by Soke Carr has influence from all 3 styles. This is not pure Ninjitsu, nor Ninjutsu, yet it is the way of the ninja.

**Yellow Belt:** Covers stances, rolls, and falls.

**Green Belt:** Covers Tai Sabaki ( Ninja Movements), Jumping Technique, Ninja Walking, Five Element Techniques and Stealth and Invisibility Discussion.

**Blue Belt:** Covers Strikes ( 11 different strikes ), Kicks ( 9 total ) and Advanced Body Movements.

**Purple Belt:** Contains 9 situational defenses.

**Brown Belt:** Contains 12 situational defenses including Multiple Attack Scenario.

**Red Belt:** Covers 13 situational defenses.

**Black Belt:** Contains a sword form, Jo requirements, Blocks ( 5 total ), and stick techniques.

Ninpo is more commonly known as ninjutsu, or the warrior arts of the ninja but the term Ninpo is used as it has a deeper significance. The black clad assassin disappearing in a cloud of smoke, which usually springs to mind when talking of Ninja has nothing to do with the reality of learning true Ninpo Bugei. Ninpo is a traditional, non-competitive Japanese Martial Art whose history stretches back over many centuries. It contains Striking skills, joint locks, throws, grappling, and many different weapons. Through ninja movies of Godfrey Ho, Filmark and Bloodsport with Jean Claude van Damme, the art of the ninja became very famous throughout the world. Now this art is available to everybody who is interested to learn the way of the Shadow Warrior.

## Soke Joshua Carr

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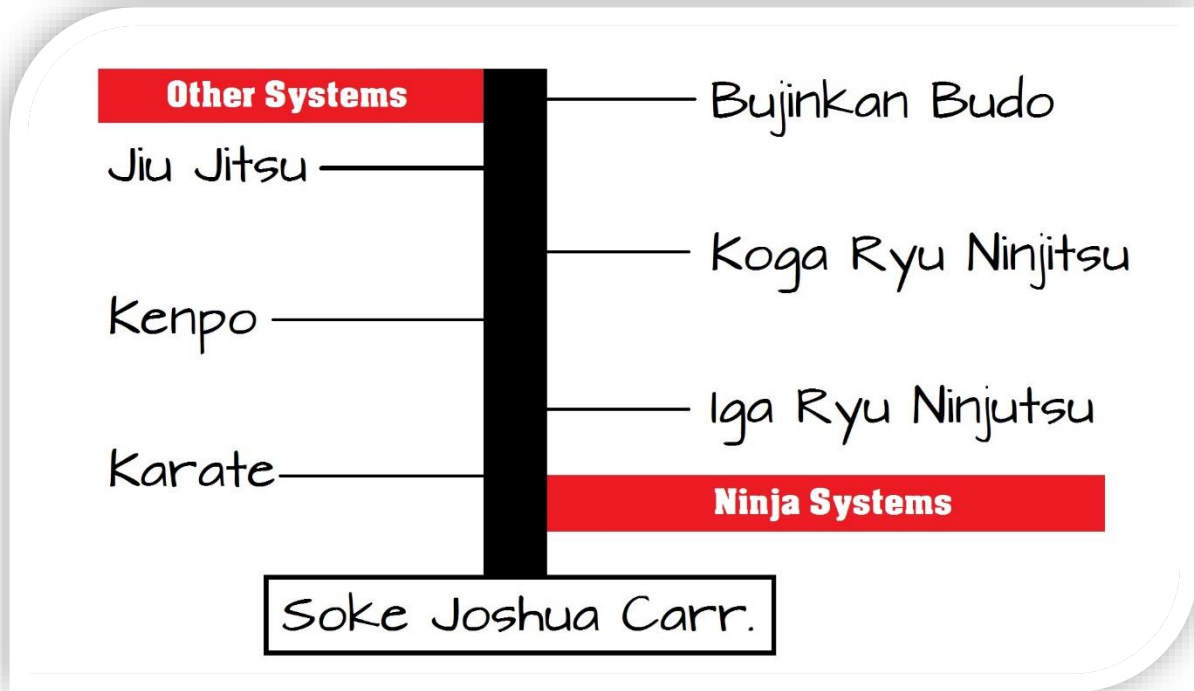
Joshua Carr. Is the Soke of Shintai Ryu Ninjitsu a.k.a. Kuji Kiri Ninjitsu, he also holds degrees in Jiu Jitsu, Kenpo, and several Iga and Koga Ryu Ninjutsu systems.

He has been training in the ways of the ninja since he was a kid and grew up with the martial arts. Joshua Carr is living his life as much ninja as possible. Soke Carr. is always willing to help out when it comes to ninjutsu or martial arts training in general.



# Lineage of Shintai Ryu Ninjutsu

Everybody is looking for lineages and the prior martial art systems that Soke Joshua Carr studied. Below is the lineage chart according the systems that Soke has studied in his martial arts life before starting Kuji Kiri Ninjitsu a.k.a. Shintai Ryu Ninjitsu.



The real life experiences and tournament fighting that Soke Joshua Carr. has done for years made him decide to combine all his martial arts knowledge and fighting experiences into the Kuji Kiri Ninjitsu a.k.a Shintai Ryu Ninjitsu system.



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The Tiger Scroll

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Shintai Ryu Ninjitsu

SHINTAI RYU, KUJI KIRI NINJITSU RYAKU NO MAKI

TORA NO MAKI

# Shintai Ryu Ninjitsu

## Yellow Belt

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## Stances, Kamae - (There are 15 different stances) -

Horse stance: (Feet in straight line, further than shoulder distance, back straight, hands in front of face, index fingers and thumbs touching together to making a diamond type shape, good for side to side stability)

Cat stance: (Lead leg in front of rear leg, about heel to ankle bone line up, lead leg is on ball of foot, rear foot is flat and pointing at 90 degrees, about 15 inches distance from heel to ankle bone, lead arm crossed in front of rear arm at wrist bone, held in front of face, not blocking vision, good for snap kicks and night walking)

Classical stance: (Lead leg is forward, toe pointed slightly in, lead leg extended with slight bend, lead arm resting elbow to knee on lead leg, hand open, rear leg bent at 90 degrees, foot pointing slightly more than 45 degrees to the rear, rear arm in front of face, elbow to inner thigh contact, with a rolled back, chin down, good for stealth)

Blade stance: (Lead leg slightly pointed in, rear leg facing towards lead leg, shoulder distance apart, lead hand slightly in front and on top of rear hand, both hands palms facing up,, lead shoulder up to protect arteries, good for weapons and sword attacks)

Twisted stance: (Lead leg pointed straight and bent down to almost 90 degrees, rear leg foot behind body on ball of foot, rear leg knee slightly off of the ground, feet shoulder distance apart, lead hand in fist held across body about chin level, rear hand in fist held at knee level directly straight down ribs to thigh, back straight)

Open bow stance: (Feet in straight line, slightly further than shoulder distance apart, knees slightly bent, arms straight out shoulder distance high, relaxed position, fingers open, should be able to feel in the stance at night time)

Left bow stance: (Feet are shoulder distance apart, back of the left heel with the right front tips of right foot, back straight, hands crossed at wrists in front of face)

Right bow stance: (Same thing with the right just switch your feet)

Fighting stance: (Posture should be balanced, back foot on the ball, lead foot straight towards opponent, sink weight slightly, good balance, hands in fists at chin level)

Combat stance: (Feet pointed opposite directions, sink weight low, hands in fists at chin level)

Defensive stance: (Drop back on rear leg, lead leg pointed forward barely seeing the tips of your toes over the knee, feet slightly further apart than shoulder distance, hands in fists at chin level, lead hand out over lead leg)

Power stance: (Back leg should be straight and locked, leg forward also with lead leg forward, lead hand straight out at shoulder level, palm facing opponent, rear hand at rear hip)

Cover stance: (Cover stance is like cat stance, instead of crossing your arms, bring them up parallel, optionally bring lead leg up off ground for maximum protection, good for sudden attacks)

Right lunge stance: (Body weight should be equally distributive, feet shoulder distance apart, rear leg further behind back, hands on hips)

Left lunge stance: (Same thing as right lunge stance just switch stance, should have 50/50 on each foot, good for front wards and backwards stability)

## **Rolls** - (There are 3 different rolls) -

Front roll: (Keep your chin tucked, create a good wheel, bring your body down, put lead hand on the ground just inside lead leg, push off with rear leg, propelling your body forward, roll over shoulder, come up in good defensive stance)

Back roll: (Sit down on rear foot, bring foot up off the ground, roll over shoulder not over head, when rolling lead leg will go over shoulder also, when coming up that lead leg will now be in the rear leg position, come up in a good defensive stance)

Side roll: (Put a foot either in front or behind the other foot, focus on attacker during entire roll, drop down to a sitting position, propel self from shoulder blade to shoulder blade, legs off the ground, come up in good defensive stance)

## **Falls** - (There are 4 different falls) -

Front fall: (Throw rear leg back, have toes only touching the ground, lead stays stationary, lead foot is on ball, drop hands down on floor, breathe out as you



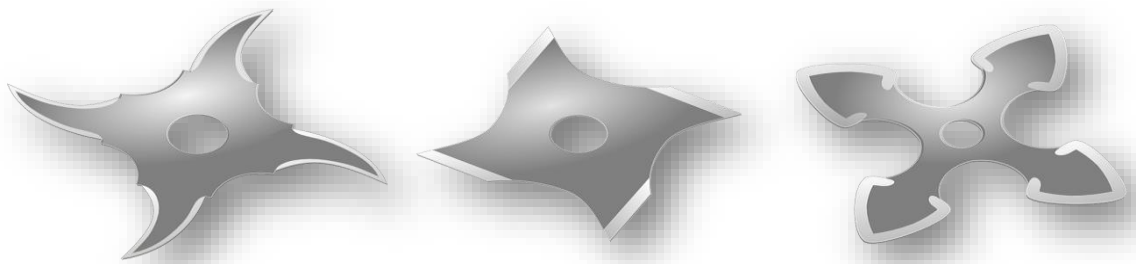
slap, should be on elbows to finger tips in triangle pose, make sure body does not touch ground)

Front fall to front roll: (Start with front fall, bring rear leg up, then do a front roll, as explained in rolls, come up in a defensive position)

Back fall: (Sink your body weight down, cross arms at wrists, roll on your lower back to upper back, when you reach middle of back slap hands palms down on the floor, breathe out, bring hands in front of face crossed at the wrists, keep legs bent and off the floor, slap out to protect body, kiai out to protect body, kiai is used as an air shield, also used to break opponents concentration)

Side fall: (Right side fall, bring right foot out, bring your body down, and slap out, apply a kick at the end, left side fall same as right side)

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# Shintai Ryu Ninjitsu

## Green Belt

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# Tai Sabaki or Ninja movements -

(There are four different ninja movements) -

First tai sabaki movement and defense: (Step forward with lead leg and lead arm, hand about eye level, block up, keep lead leg planted, step back and pivot with rear foot to outside ankle of lead foot; opponent throws a lead punch, perform first tai sabaki, parry, step to outside of punch, switch hands, deliver rear leg knee strike to abdomen area, deliver elbow strike with hand grabbing opponents wrist to back of neck)

Second tai sabaki movement and defense: (Same as first tai sabaki movement except you are turning with rear leg 180 degrees, bring self all the way around, opponent throws a rear hand straight punch, perform second tai sabaki, break arm, bring around behind lower back, grab with free hand on opponents neck, deliver lead leg kick to back of opponents left leg, dropping them on their back to the floor, push pull effect on opponents head, simulating a neck break)

Third tai sabaki movement and defense: (Lead leg faces forward and stands still, rear leg sweeps around and extends straight, lead leg slightly bent, twist and bring whole spine with you, hands stay about chest height, looks easy, but is not, opponent performs downward strike with a stick in rear hand, perform third tai sabaki movement while dodging the stick strike, grab opponents striking hand at wrist with your rear hand, strike with your lead elbow to back of the head, continue elbow through opponent, grab stick with both hands, bring stick in towards opponent and strike while stepping back, stance will be switched as you exit with strike, optionally take out opponents lead leg with stick)

Fourth tai sabaki movement and defense: (Lead leg faces forward and stands still, step forward and in front of lead foot with rear leg, allowing you closer to opponent, perform block with lead hand as you step forward with rear leg, rear pinky to will face the side of lead pinky toe, hands up around chest level, opponent performs straight punch, perform fourth tai sabaki movement while parrying with lead hand, grab wrist and switch your hands to the wrist grab strike with lead elbow to back of head, follow through the head and come back with arm placing opponent in a headlock, bring the opponent down towards the ground while striking to the chest with rear elbow downward, use control)

## **Ninja jump** - (There is one jump) -

Jump: (Feet shoulder distance apart, arms straight out at shoulder height, bend knees slightly, perform jump with bringing legs up to self, opponent strikes at legs with a stick in a sweeping motion, perform ninja jump and leap above strike, come down and grab opponents hand that holds the stick with your rear hand, lead elbow strike head of opponent, follow arm through and grab opponents hand, bring stick down in front of opponent, strike towards opponents groin area, pull stick away and strike the head)

## **Ninja Walk** (There are two ninja walks) -

Front ninja walk: (Lead leg put weight on the back of heel, roll foot on to the ball, balance weight and have evenly distributed, bring rear leg forward, put weight on the back of heel, roll foot on to the ball, continue with stepping forward, steps should be soft, this allows you to feel what is under you, practice different angles)

Tai sabaki walk: (Step forward with lead leg, swing lead hand with lead leg, step through with rear leg and swing rear hand with rear leg, continue steps, opponent throws lead punch, perform tai sabaki walk while parrying with your lead hand)

## Five Element Techniques

- (Earth, water, fire, wind, and void) -

Earth, or Chi no kata: (Earth is the sign of strength and control, lead leg foot facing forward, lead hand palm down resting on lead leg, rear foot behind lead foot, rear hand reaching across body and resting on lead shoulder, step forward with rear leg, feet should be switched, rear hand performs omote shuto or open forehand, strike with meaty portion palm from pinky to wrist facing up to opponents neck, should be flowing and loose, do not tighten until point of impact)

Water, or Sui no kata (Water means adaptability and flow same starting position as chi no kata, then step out with rear leg, upward block with lead arm, step forward with rear leg, strike with a ura shuto from rear hand, palm up, hand slightly cupped, striking with meaty portion of pinky to wrist of hand, loose hand until point of impact then tighten, opponent delivers straight strike, perform sui no kata, striking through opponent)

Fire, or Ka no kata: (Fire means speed and aggression, same starting position as chi no kata, then step out with rear leg, downward block with lead arm, step forward with rear leg, and perform a claw hand strike with rear arm, optimally synch into eyes, grab and rip, opponent strikes to mid section, perform ka no kata, you can perform this from the side also)

Wind, or Fu no kata: (Wind means sensitivity and compassion, same starting position as chi no kata, then step out with rear leg, downward block with lead arm, step forward with rear leg, striking with rear hand, spear hand to the opponents throat, opponent throws a low snap kick, perform fu no kata, blocking snap kick, strike through opponents throat)

Void, or Ku no kata: (Void means natural response, same starting position as chi no kata, then step out with rear leg, downward block with lead arm, step forward with rear leg, striking with rear hand in a boshi ken strike or thumb strike to the throat, opponent strikes to mid section, perform ku no kata, finish with a rear leg push kick to opponents chest)



## Sensei Joshua Carr



# Shintai Ryu Ninjitsu

## Blue Belt

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## Strikes - (There are eleven different strikes) -

Vertical fist: (Traditional fist, but its up and down, arm straight out, index knuckle facing up, pinky knuckle facing down, thumb should be tucked underneath)

Horizontal fist: (Same way as vertical fist except knuckles facing up, punch is good for upper cuts or regular straight punch)

Ridge hand: (Fingers are straight out together, thumb is slightly tucked under index finger, strike with a sweeping down or sweeping up effect, strike with the meaty part of hand from wrist to index finger, it is good for a strike to the back of neck to a fallen opponent)

Sword hand or ura shuto: (Hand slightly cupped, knuckles facing up, thumb slightly under index finger, strike with the meaty part of hand from index to wrist, under hand sword hand strike)

Open hand sword strike or omate shuto: (Same as sword hand strike, but palm faces up, chopping affect, chop up or down, also good for chopping the side of neck)

Thumb strike or boshi ken: (Like vertical fist, as striking hands form a fist, thumb comes over top second index knuckle, slightly in front of fist, good for strikes to eyes or exact locations behind ear, temple, and throat, keep wrist straight to avoid injury)

Hammer fist: (Horizontal or vertical fist, but your swinging down with fist, striking with the meaty portion of hand pinky to wrist like a hammer)

Eagle claw: (Pinky and ring finger slightly bent into palm, middle, index fingers and thumb outstretched and slightly bent, once strike comes out it cinches and rips, good to grasp in throat and grab behind to rip out)

Elbow strike: (Strike with the elbow, strike inward outward or downward)

Tiger mouth: (Fingers are straight out and together, thumb is open, should look like a modified C shape in web of hand, looks like a tiger mouth, upward strike to throat)

Tiger claw: (All five fingers extended outward and slightly bent, strike to the eyes cinch in and rip out)

## **Kicks** - (There are nine different kicks) -

Snap kick: (Stand with lead leg in front of rear leg, bend lead leg at knee and bring straight up, toes pointed down, snap leg from foot to knee out, kicking with ball of foot, good for kicking the groin or inside of knee to break opponents balance)

Mule kick: (Feet together, bring knee towards chest, turn to the same side and look behind you of the leg you are kicking with, kick with heel of foot to your rear, good for someone sneaking up on you)

Front kick: (Stand with lead leg in front of rear leg, hands up in a fist, bend rear leg at knee and bring straight up, toes pointed down, snap leg from foot to

knee out, kicking with ball of foot, after you deliver kick bring foot down to lead leg position)

Round house kick: (Stand pretty low with lead leg in front of rear leg, step or no step forward with lead leg, turn lead foot to an outside 45 degrees angle and pivot on foot, bring rear leg up and kick in 360 degrees, kicking with the top foot, foot should be in full extension, bringing leg back to rear leg position, can be done at low, medium or face level)

Low sweep: (Stand with lead leg in front of rear leg, roll lead foot onto ankle, then drop down to knee, swing rear leg forward, kick opponents ankle area with inside part of foot, rear leg will finish in lead leg position)

Knee: (You are tied up with opponent, grab back of hair, head, or clothing, bend desired leg at knee and thrust knee into opponent face)

Axe kick: (Step forward with desired leg, bring rear knee up, jump up with rear leg and kick with rear leg, kick with the back heel of foot, bring kick down to lead leg position, good for kicking the back of head)

Backwards round house: (Same way as round house, but you look behind leg you wish to kick with, turn body and deliver kick, return kick to rear leg position)

Tornado kick: (Same as backwards kick, but you are jumping and kicking at the same time, return kick to rear leg position)



# Advanced Body Movements

- (There are 3 different advanced body movements) -

Diving roll: (Same as front roll except you are up on your feet and diving into a roll, after roll come up in good defensive stance)

Diving side roll: (Same as side roll except you are diving out of the way, protect your body with arm use it as a cushion)

Traditional cartwheel: (Place your same side hand on ground to the side same leg, throw opposite leg followed by same side leg in air following a vertical line, place opposite side hand on ground and come down opposite side leg followed by same side leg, good for a sword on the side of you)



# Shintai Ryu Ninjitsu

## Purple Belt

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## **Techniques** - (There are nine different situational defenses) -

Crying bear: (Opponent grabs you from behind, pinning your arms or bear hug, grab opponents finger with your hand and step out with same side leg, pull finger away from hand creating finger lock, with opposite leg of hand grab step back and slightly behind opponent, grab opponents shoulder with free hand, jump up and same side leg has finger grab goes across opponents thigh area, same side leg as shoulder grab goes across the back of opponents calf area, perform a scissor effect with legs bringing opponent to the ground, twist hips body into opponent and face up, deliver heel strike to face)

Floating fire: (Opponent throws a right punch, perform an upward block to wrist area of strike, trap wrist with your hand, stepping back into cat stance, snap kick to opponents groin area, opponent bends over towards you at waist, grab hair, head, or neck, and perform a knee strike to face, opponent straightens up, grab opponents clothing, and step through and extend leg behind opponents legs, do a big leg sweep to the back of opponents lower leg area bringing them to the ground)

Twisting mountain: (Opponent grabs lapel with one hand, grab hand with your same side hand, fingers should be in between first and second knuckles, shoot free hand up and grab underneath, bring hand up in the air, cross your thumbs over opponents back of hand, your fingers grabbing meaty portion of hand, twist out bringing opponent to the ground, step over opponent with closest leg, reverse grip on hand keeping control, turn opponent over onto stomach, place opponents hand on chest and lean forward)

Twisting in: (Similar to twisting mountain but with a variation, instead of doing an outside grab do an inside grab with opposite hand from opponents hand, grab meaty part of hand, come up with same side hand and cross thumbs again, roll with you keeping hand close to body twist down and step back, opponent will go to the ground on stomach, drop down on one knee, keep arm extended and grab with one bending opponents hand at wrist, palm facing down, your hand over their back of hand grabbing meaty part between thumb and fingers, then perform a palm strike to back of your hand)

Tripping the devil: (Opponent come forward trying to push you, step to one side with one leg, leaving the other leg stationary and straight, with your hands guide opponent over straight leg creating trip, opponent laying face down apply Achilles tendon stomp to back of heal)

Vanishing tiger: (Opponent throws a straight left, step with your right leg forward and block with left hand as punch comes in, use a vertical fist punch to the outside thigh area of leg dropping opponent to that knee, drop down on your right knee after you strike, step up and drive through with a tiger mouth strike to throat)

Rolling thunder: (Opponent throws a straight right, slightly step into arm, perform a double arm block, pivot your back into his stomach delivering a left elbow strike to the solar plexus, hold their right hand with your right hand, hammer fist down to groin strike after elbow, then strike with a boshi ken to eyeball, wrap arm around back after boshi ken strike, hip toss over left side)

Sudden surprise: (Opponent comes forward to push you, jump off to one side and deliver a side snap kick to the solar plexus with opposite leg, opponent bends over at waist, perform an axe kick to back of head)

Twisting shadow: (Opponent comes forward, deliver a side snap kick to the knee of planted leg, opponent falls to knees, wrap opposite side arm around neck, step behind opponent with opposite leg, twist in and down towards leg just performed step, opponent will be in face down head lock drive head into ground)



# Shintai Ryu Ninjitsu

## Brown Belt

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# Techniques

- (There are twelve different techniques, one is optional) -

Dragon back fist: (Opponent throws straight left punch, perform third tai sabaki, block strike with right hand, back fist with same hand to face. step back with right leg, grab behind both ankles and pick up, opponent falls on back, keep their left in hands and cradle foot shin to ankle on the side of ribs, step on right leg with your left leg holding it so they can not move and twist leg on ribs outward)

Chopping the choke: (Opponent tries to apply rear choke, grab same side hand of opponents hand that is attempting choke, twist out on thumb, step back with same side leg as grab hand, head goes under and between opponents arm and rib cage, chop with opposite hand to back of the tricep as you sweep with leg, opponent will be on back, step over back drop to one knee, secure arm in none knelt knee between arm and rib cage, deliver palm heal strike to side of ear)

Grabbing the twig: (Opponent grabs same side wrist, turn your hand in looking at palm, step through with opposite leg, lift opponents arm up, leg should be on the side of opponents leg, wrap arm under opponents arm, non wrapped hand grabs wrapped hand, sweep opponents leg with your opposite leg, twist and bring to the ground, opponent will be on back, drop down to one knee, strike throat with non wrapped hand and lean forward causing an arm bar at the same time)

Crushing vertebrae: (Opponent throws a left strike, perform a double hand parry to strike, while performing second tai sabaki movement, hold arm with left hand and wrap right arm around opponents neck, deliver knee strike to

spine, finish with a left elbow strike to chest, driving opponent to the ground, simulate a neck pop)

Springing dragon: (Front roll towards opponent to close distance, spring up on hands and grab opponents neck with feet, twist legs down bringing opponent to ground on back, cinch legs around neck for a neck break)

Rolling ninja: (Opponent tries to come from behind, perform back roll to close the distance, spring up on hands and deliver a kick to opponents chin, land in a good defensive stance)

Burning temple: (Opponent has knife to lower back with right hand, turn towards right hand, deliver a right elbow strike to knife hand knocking knife away, grab opponents hand with your right hand, followed by your left hand, thumbs should cross over the back of hand, grab meaty portions with fingers, turn wrist towards your body, step back with left leg and bring hands to ground putting opponent on their back, if knife is still in opponents hand grab wrist with your left hand, turn knife in with right hand, step across opponent while kicking face, strip knife from hand with right hand, maintain control with right hand, optionally cutting throat)

Dragons fists: (Opponent throws a straight right punch, parry with left hand, grab wrist and step slightly to the right with right foot, step in with right foot and tiger claw strike to eye balls with right hand, cinch in step back with right foot and rip down towards the ground, then rock forward and tiger mouth strike to the throat, step over to your left side with right foot, turn and deliver a backward spinning kick to the solar plexus)

Chopping axe: (Opponent throws a kick to the left side of your ribs, step slightly to the right and in on opponent with right foot, left hand wraps under opponents kicking leg, right hand chops to the top leg, create a scissor effect)



with hands, dropping opponent to their stomach on the ground, keep leg trapped with left hand, grab inner portion of right elbow, grab toe area with right hand and twist to the right creating a break, side roll over opponent and deliver an axe kick from the ground to the back of head)

Mining the circle: (Opponent puts you in headlock with left arm, ridge hand strike with the right hand to opponents groin, boshi ken strike with left hand to the eyes, grab thumb with left hand, pull head out and strike with right hand to the back of left arm, sweep left leg with your right leg dropping opponent to the ground, use wrist twist rolling opponent on their back, finish with a four finger strike to eye balls)

Flipping fury: (Opponent puts you in a reverse guillotine using left arm, grab left and right shoulders, sink weight down, spring up and over opponents back placing them in a right arm guillotine, kick out left leg with left foot, putting opponent on the ground, lift up arms to finish with a neck break)

Multiple attacker situation: (First opponent strikes with a forehand stick strike to right rib area, step back to avoid, first opponent then strikes to the ribs with a back hand strike, step in with left foot and grab opponents stick hand with both hands, step through and behind with right leg, pull arm towards you and down dropping opponent on stomach, grab stick and step over opponent, second opponent comes in with a right hook, hit right hand with stick, step in and behind second opponent with left foot, deliver a butt strike to solar plexus, finish with a stick strike to face, first opponent begins to stand back up, turn toward them, stick strike to the back of head)

# Shintai Ryu Ninjitsu

Red Belt

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## Techniques - (There are thirteen different techniques) -

Tracheal assault: (Opponent throws a right punch, duck under strike and block up with hands, step through with right leg while holding on to shoulder area with right hand only, bring left arm around opponents neck and bring their back in towards your chest, kick out left leg with your left foot, dropping them on their butt, pull left arm down with right, putting pressure on tracheal causing a tap out)

Spinning guillotine: (Opponent throws a right punch, step forward with left foot, duck under strike and block up with hands, step through with right leg behind opponent while holding on to shoulder area with right hand only, jump up and throw body around opponent, should end up on opposite side of opponent from the strike, wrap arm over and under opponents neck with left arm, finish by dropping opponents head on the ground)

Twisting tornado: (Opponent shoves you at chest level, block to the inside of both hands stopping push, step back with right leg, grab hands and pull towards you, let go and grab right hand on the top back of head, left hand palm on chin, turn hands towards the right, turn body to right and down dropping opponent on back, keep control of head, place your right knee on the ground, finish with a right elbow strike to head)

Flowing water: (Opponent throws a straight right strike, double arm block and step forward with left leg, step around with left foot putting your back against their back, turn and deliver a left elbow strike to kidney, bring left arm around and grab opponents chest, sweep right leg with your left leg, drop opponent on their back, roll them onto left shoulder, bring left arm up into neck, grasp

left hand with right hand, lift up towards you creating a choke out or sleeper hold)

Snapping dragon: (Opponent throws a right punch, step back into a cat stance while blocking punch with to the inside with left hand, grab opponents hand, left snap kick to the groin, after kick drop leg out the left side of you, step with right leg along side of left leg slightly more than shoulder distance apart, release grab and perform a left mule kick to solar plexus, place left leg in front of right leg, finish with a right jumping stomp kick to solar plexus)

Spinning void: (Opponent throws a right kick, downward block with left hand and step back with right leg, roundhouse to the head, body will be with back to opponents face, then deliver a backwards roundhouse to the chest)

Wounded wing: (Opponent places a double lapel grab on clothing, reach up and across with right hand, elbow strike opponents right arm in the fold pinning their hand to your chest, grab chest area with right hand locking arm in, sweep right leg with your right leg, drop opponent to the ground releasing pinned arm, step over opponents chest with right leg, roll them on their stomach, place them in a vertical arm bar)

Spinning top: (Opponent throws a right roundhouse kick to face, drop down to the ground avoiding kick, simultaneously performing a backwards roundhouse sweep with right leg to opponents planted leg in the Achilles, opponent lands on stomach, spring up and deliver a jumping stomp kick to the kidneys)

Tossing trouble: (Opponent grabs left shoulder with their right hand, lift up under their arm with your left arm and shoot through, come up and trap down on opponents arm, slightly step back with right foot, should line up about hip to hip with opponent, sweep their right leg with your left leg while chopping with left hand to the back of their arm, drop them on their left shoulder and

kneel down on left knee, grab with other hand and pull their straight arm in creating an arm bar, knee with right leg to face, pull back leg and perform arm bar again)

Twisting fury: (Opponent throws a right hook, step in with right leg, block and grab strike at the wrist with left hand, deliver a right elbow strike to face, step through and under opponents right arm placing it on your right shoulder, switch hand grab and deliver a left elbow to opponents solar plexus, step behind opponent and wrap arm up on their lower back area, grab left ankle with your left hand and pull up bringing them to the ground, keep hold on right arm the entire time, deliver a knee strike to tail bone)

Dropping aggression: (Opponent throws a right wing kick, stop kick with right sole of foot at opponents lower shin, drop right leg back to load for another kick, deliver a right front snap kick to the chest, bring leg back and reload, opponent should bend over, then strike the back of the neck with an axe kick)

Floating star: (Opponent throws a straight left jab, step back and to the right, block strike with your left hand, grab their forearm with left hand, step in and behind opponent with right leg, boshi ken strike with right hand to their temple, flowing back out with right leg, sweep opponents left leg with your right leg)

Stealing wind: (Opponent throws a right punch, slightly block and wrap over strike with left arm, step in with left foot, ring your arm in securing their arm to your hip, tiger mouth strike with right hand to throat, sweep as you strike with right leg on their left leg, opponent falls on back, drop down to right knee, grasp both hands together creating an arm bar on their left arm)

# Shintai Ryu Ninjitsu

Black Belt

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# Ninja To Sword Form

- (There is one sword form) -

Form one: (Hold sword under left arm with right hand on handle, sword blade should be facing up, step forward with left foot and draw sword up in a slashing movement, flow back on right leg and put other hand on sword, step forward with right leg, stab the chest area with blade end, drop handle down and swing sword out in front of you in slight diagonal position, blade should face out to block a sword strike at your face level, push off sword by slashing up and stepping forward with right leg, turn towards left and spin around, slash to stomach with blade horizontal, drop blade down and stab in opponents chest, blade should be facing up and coming from behind you, jump out of the way to the left of a sword stab, ring blade around, and block sword down, step with right foot forward slightly, bring sword up and slash to the throat while stepping through with left foot, another attacker comes in from behind, step back with right and drop to knee, stab attacker to the stomach with blade up and coming from behind you again, another attacker comes from behind again striking down, bring sword up and slightly behind you, blade should be above head for block, pop sword up deflecting attackers sword, turn to the left and stand up, step through with right foot, bring sword diagonally over right shoulder blocking strike, push up and step forward with left, drop down on right knee, strike horizontally to the stomach, step back up facing forward, feet together, tuck sword under right hand and arms at your sides)

# Jo Strikes and Blocks

- (There are six different blocks, strikes and one jo twirl) -

Upward block: (Hold jo at waist level, hands placed so that jo evenly exposed in three parts and horizontal with the ground, step forward with left leg, drop left hand and coming across with right hand, jo will be vertical and blocking a left side strike, switch everything for right side block)

Middle block: (Hold jo at waist level, hands placed so that jo evenly exposed in three parts and horizontal with the ground, step forward with left leg, extend arms straight in front blocking middle area of body)

Lower block: (Hold jo at waist level, hands placed so that jo evenly exposed in three parts and horizontal with the ground, step forward with left leg, slide right hand right to meet left hand, right hand should grab jo palm facing up and left hand palm facing down, drop jo out in front in diagonal angle of left leg, blocking a lower strike, reverse this for right side low block)

Face strike: (Hold jo at waist level, hands placed so that jo evenly exposed in three parts and horizontal with the ground, step forward with left leg and across right leg, slide right hand right to meet left hand, right hand should grab jo palm facing up and left hand palm facing down, strike out in front of left side face area in an upward diagonal angle, hitting with the last three to four inches of jo reverse this for right side face strike)

Knee strike: (Hold jo at waist level, hands placed so that jo evenly exposed in three parts and horizontal with the ground, step forward with left leg and across right leg, slide right hand right to meet left hand, right hand should grab jo palm facing up and left hand palm facing down, strike out in front of left side



knee area in a downward diagonal angle, hitting with the last three to four inches of jo, reverse this for right side face strike)

Middle strike: (Two ways to strike, first way is hold jo at waist level, hands placed so that jo evenly exposed in three parts and horizontal with the ground, step forward with left leg, slide jo forward with right hand, left hand should be loose, slide jo until hands meet, strike will be straight in front of you making contact with the tip of jo, second way is the same except hands will stay stationary, lean forward and jab with the tip of jo, reverse this for right side middle strike)

Basic twirl: (Hold jo in the center with both hands, left hand holding jo knuckles facing up, right hand holding jo knuckles facing down, drop the right side end of jo towards the ground, let go with right hand, turn left hand so the knuckles now face down, rolling over top left hand, grabbing jo and knuckles are now in the facing up position, now continue this motion and hand placements creating a twirl in front of you, good for multiple attackers)

## Stick Techniques

- (There are five different stick techniques) -

First Stick technique: (Opponent grabs end of stick with left hand, your right hand should be slightly towards the end of stick, your left hand in front of right hand about shoulder distance apart, in a circler motion bring stick up and down to opponents inside, this will break opponents grab and bend them over at the waist, step in towards opponents head with your right leg, simultaneously rolling stick over and striking the top of head with your right hand side)

Second stick technique: (Hold stick at waist level, hands placed so that stick evenly exposed in three parts and horizontal with the ground, left hand is knuckles facing down, and right hand knuckles facing up, opponent throws a right hand strike, step forward and offline with left foot avoiding strike, strike to the solar plexus with right hand side of stick, release right hand from stick, grab their left wrist with your right hand, turn towards them with body while rolling stick over opponents arm, should trap arm from under armpit to elbow dropping them to their knees)

Third stick technique: (Hold stick at waist level, hands placed so that stick evenly exposed in three parts and horizontal with the ground, left hand is knuckles facing down, and right hand knuckles facing up, opponent throws a right hand strike, slightly step forward with left leg, drop left hand side of stick towards the ground, bring right hand side up and block strike with to the inside of arm with the right side of stick, roll stick over tricep area dropping right side of stick towards the ground, let go of left hand, come over inside of opponents wrist and grab stick, creating a 90 degrees fist facing up lock, trapping arm with stick, bow and bring hands towards the ground dropping opponent on their back, while on the ground lift up the back of stick for tap out)

Fourth stick technique: (Hold stick in right hand with the butt of stick on the ground, opponent throws a right hand strike, slightly step forward with right leg, bring stick up and block strike from underneath arm, roll stick to the lower portion of their back, bring right hand up and in on opponents arm creating a 45 degrees angle, grab their right wrist with your left hand, step through with left leg and place leg behind opponents right leg, bow and sweep leg dropping opponent on their back, pull stick out and protect yourself)

Fifth stick technique: (Hold stick at waist level, hands placed so that stick evenly exposed in three parts and horizontal with the ground, left hand is knuckles facing down, and right hand knuckles facing up, opponent throws a right leg

kick, step in and drop to right knee, turn body in towards kick, drop right hand to towards the ground and left hand up, block kick with stick to the inside of leg, after block in circler downward motion sweep opponents left leg with side hand grab of stick, opponent should fall onto their back, continue through with motion and finish with a groin strike with right hand side of stick)



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# Ninja Verbiage

- (There are many different ninja words) -

Ashiko: spiked foot bands

Bakuhatsugama: short-handled kusarigama with a container of explosives, poison, or blinding powder

Batto-jutsu: defensive swordsmanship

Bo: staff

Bo-ryaku: strategy

Bojutsu: staff fighting art

Chigi-riki: ninja mace

Cho-ho: espionage

Chunin: ninja clan subleader

Fukedake: blowgun

Fuki-ya: darts

Fundojutsu: chain fighting

Goton-po: five elements of escape

Hachimaki: sweatband

Han bo: 3-foot staff

Hanbojutsu: halstaff fighting

Henso-jutsu: disguise and impersonation arts

Hishi-bishi: natural caltrops

Hojojutsu: tying arts

Hojutsu: shooting arts

Iaido: sword-drawing art

Inton-jutsu: escape and concealment

Jojutsu: stick fighting

Jonin: ninja clan leader

Jukenjutsu: bayonet  
Jutai-jutsu: grappling  
Jutte-jutsu: truncheon, iron fan  
Kagi-nawa: grappling hook  
Kagi: hook  
Kakute: iron rings with protruding spikes  
Kakure-jutsu: stealth  
Kama, Gama: sickle  
Kamayari: sickle spear  
Kasha: pulley  
Katana: samurai sword  
Katon: using fire  
Kayaku-jutsu: fire and explosive arts  
Kenjutsu: offensive swordmanship  
Kinton: using metal objects for distraction  
Kiri: single-pointed pick  
Koppojutsu: striking arts  
Kuda bashigo: tube ladder  
Kunai: digging and leverage tool  
Kunoichi: female ninja  
Kusarifundo: weighted chain  
Kusarigama: weighted chain and sickle  
Kusarigama-jutsu: chain and sickle arts  
Kusari: chain  
Kyojitsu tenkan ho: philosophy giving more meaning to survival and accomplishment than to engaging an enemy  
Kyomon: practical education  
Mamukigama: kusarigama with a poisonous snake  
Manrikikusari: 10,000 power chain  
Metsubishi: sight removers  
Metsubushi: art of invisibility

Mikkyo: secret knowledge  
Musubi bashigo: single-cable loop ladder  
Naginata: halberd  
Naginata-jutsu: halberd fighting  
Nawa: rope  
Neko-te: cat claws  
Ninja-ken: ninja sword  
Nitoryu: two-sword style  
Noroshi: using signal fires  
Oh-gama: battlefield version of the kusarigama  
Rokushaku bo: 6-foot staff  
Ryu: school  
Sageo: scabbard cord sash  
Saya: scabbard  
Seishin teki kyoyo: spiritual refinement  
Shikomi-zue: hollowed-out staff and canes  
Shikoro: saw  
Shinobi-iri: stealth and entering techniques  
Shinobi-shobo: short shank of rounded wood or iron  
Shinobi-shuko: assassin spiked hand bands  
Shinobi-zue: ninja staff and canes  
Shinobigatana: ninja sword  
Shuko: spiked hand bands  
Shuriken: throwing star  
Sui-ren: water training  
Suiei-jutsu: swimming and fighting in water  
Suiton: using water  
Sumo: grappling  
Tai-jutsu: unarmed combat  
Taihenjutsu: silent movement when stalking a prey or escaping  
Taka bashigo: high ladder

Tanegashima: firearms

Tanto-jutsu: knife fighting

Tekken: ornamental band slipped over the foreknuckles

Tetsubishi: steel foot spikes

Tobi bashigo: leaping ladder

Tonki, Toniki: personal arsenal

Toritejutsu: arresting technique

Tsuba: sword handguard

Tsubo giri: boring tools

Tsubute: stone-club throwing missile

Tsuri bashigo: hanging ladder

Yamabushi: warrior mountain priest

Yari-jutsu: spear fighting

Yari: spear

Yugei: traditional education



# Ninja History and Definitions -

(There are many different ninja history words) -

## ASHIARO

The Ninja were master trackers able to identify all types of prints on the ground and, being the proficient trackers they were, they also realized that they, too, could be tracked, especially while wearing tabi or split toed boots. This problem was solved by the invention of many types of "footprints" carved out of wood and attached to the soles of the Ninja's tabi.

The ashiaro took many shapes such as a bear or a dog's and they also were made to imitate human prints. These prints made the Ninja's tracks look like those of a child by making the ashiaro small and shaped like a child's foot or the Ninja could be made to look like a cripple by deforming the shape of the ashiaro. Wearing these footprints, a Ninja could walk confidently through enemy territory and not worry about being tracked. After all, the Samurai wouldn't consider a cripple or a child a threat.

## ASHIKO

The Ashiko were spiked claws that were worn on the feet. This helped the Ninja climb faster and more efficiently on their missions. As well as a great climbing aid, it could also be used in combat to deliver deadly kicks.

## BO (Staff)

The staff was one of the most important weapons in the ninja's arsenal. It was generally around 6 feet in length, made of hard wood or bamboo and was hollow. The reason for the hollow part was another trick of the ninja trade. By flicking the bow with great speed, the ninja could launch a poison tipped dart or small knife out of the open end of the staff, often catching the opponent off



guard.

#### BOKKEN

A bokken is a wooden sword usually used for sword training. When a student begins to work with a sword, he learns basic maneuvers with a bokken. However, the bokken can also be used as an effective weapon since it is made of strong, heavy wood. In fact, many Ninja preferred to use the bokken on a mission than a regular sword.

The reasons for this are that a bokken is lighter and easier to carry, there is no risk of cutting oneself, bokken are very easy to camouflage since they can be stained or painted, and, when using proper techniques, a bokken can easily break bones and damage internal organs.

#### BOW (Long & Short)

The bow and arrow was a weapon used by the ninja as well as the samurai. There were two types of bows used, the short bow and the long bow. The arrows were sometimes dipped in poison to make them deadlier. Kunoichi (female ninja) were experts with the bow and arrow.

#### CHIGIRIKI

This weapon is a 2 foot long straight stick, with a 2-1/2 chain attached to the top with a ball with spikes. This weapon is considered to be the Japanese morning star. The chain could be fitted inside the stick like the Kusari-Gama/Kama, and used as a mace.

#### DARTS

The ninja would use the poison darts differently depending on the situation. It was not uncommon for the ninja to carry poison darts in his mouth so they could be blown into the enemy's face at close range. If they needed to kill someone quietly, a dart could easily enter the body and be withdrawn without leaving a mark. From a distance the dart could be shot with a blowgun.

Kunoichi (female ninja) would hide the poisonous darts in their hair. When the victim was preoccupied with something else, the ninja would stick them with the dart.

#### DOKA

A doka is a small container for used to safely carry live coal. This device is used for lighting candles, fuses. It can also be used to warm their hands on cold nights.

#### FUKIYA

The fukiya, or blowgun, was a staple in the Ninja's arsenal since it was so versatile.

The fukiya was used to shoot darts (sometimes poisoned) at an enemy from a distance and, since it made almost no noise, the Ninja's hiding place wasn't threatened by using this weapon. Aside from launching darts, the blowgun could be used as a snorkel while the Ninja was underwater. Since the fukiya was made of bamboo, it blended in with the reeds in the water, therefore enabling the Ninja to stay submerged for hours, if necessary.

Metsubishi could also be delivered through the fukiya by shooting small paper containers filled with pepper and metal shavings at an enemy's face.

#### GANDO

Though the Ninja operated mostly by night, even they needed some light now and then. The gando was a lantern that acted much as a flashlight. A candle was mounted inside a piece of metal that was shaped like a cone and a handle was attached to the closed end of the metal. With the candle shielded by the metal, light only shone in one direction instead of all directions as with a regular lantern.

#### HANBO

A bo 3 feet in length that can be concealed as a cane. Can be used like a

bokken. May also conceal things inside, like a sword blade or a chain.

#### HASAMI BUNE

Hasami bune is a collapsible float that is used to transport the ninja's equipment across the water without getting wet.

#### HOKO

This weapon looks like a sai mounted on top of a jo. The Hoko was mostly made out of bamboo and was a very good offensive, as well as a very good defensive weapon. It was used in a stabbing motion, there are some variants of this weapon.

#### KAGINAWA

The kaginawa, or grappling hook, was a climbing device consisting of a pronged hook with 12 to 15 feet of rope attached. The kaginawa was used to scale walls or to swing across large gaps, however, it could also be used as a weapon. By holding the rope and swinging the hook over the head, the Ninja could strike his opponent with the sharp prongs of the hook or the rope could be used to entangle the enemy and enable the Ninja to strike with another weapon.

#### KAKUTE

The Kakute were rings that the kunoichi wore that were dipped in poison. The rings could be made out of metals, and tempered wood. The ninja would quietly strangle enemies with the ring stuck in their neck. It was far less messy than using a sword, and left very little evidence on how the victim died.

#### KAMA

Kama are the basis of the kusari-gama. Kama is just the sickle on it's own. They are usually used in pairs and swung in various arcs, crescents etc.

#### KAMA IKADA

A water crossing device that was like much like a raft. Ninja would build these

to cross large bodies of water or to sail to their destination.

All sorts of slashing motions combined with the forward momentum of the ninja they can cause some devastating damage. The blade of the Kama is roughly around 11-12 inches. The handle is slightly longer. Original sickles had a longer blade and shorter handle.

#### KUNAI

The Kunai was a small dagger-type tool that served primarily as a utility knife. It's secondary use was as a weapon, with a sharp point and short handle it was a great throwing weapon. It was also a great close combat weapon as it could be used in very tight situations.

Some other uses for the kunai include a climbing device, a hammering tool, a make-shift spear tip just to name a few.

#### KUSARI-GAMA

The Kusari-gama is a combination of a sickle (short scythe) and a long chain with a weight attached to the end of it. The sickle was used in a slashing or stabbing motion, as well as used to block and hook opponents weapons. By holding the chain portion of the weapon, the sickle could be swung around to get a greater reach with it.

The chain portion of the weapon was most often used for trapping an enemy or his weapon. Once tangled up with the chain, the ninja could finish him off with the sickle. This was a weapon the ninja invented out of farming tools they used.

#### KUSURIBIN

The Ninja often carried a "medicine can" filled with antiseptics and ointments which he used to heal himself if he were cut or injured while on his mission. The kusuribin was also used to carry poisons and antidotes.

### KYOKETSU-SHOGEI

The Kyoketsu-shogei was a knife attached to one end of a long cord made of women's or horse hair, or sometimes chain. On the other end of the cord was a ring. The knife could be used in close quarters or swung around by holding on to the ring.

### MANRIKI-GUSARI

The Manriki Gusari was a chain usually about 3 feet long, and weighted at both ends. It was developed as a self-defence weapon but was also a wicked offensive weapon in the hands of a ninja. It was small and easily concealed in the palm of the ninja's hand, or in a sash.

While holding one end of the chain, it could be swung around and used as a whip. The weighted end could cause a great deal of damage.

### METAL GRIPS

Since the Ninja had to be prepared to run over any and all terrain, they often carried metal strips with a spiked edge on one side. These strips were tied to the bottom of the Ninja's tabi to gain a better grip over uneven or slippery terrain. These would be the equivalent of the spiked shoes that many athletes wear today.

### MIZU GUMO

A Mizu Gumo is a water crossing device that was used by the ninja. It was an inflatable seat that surrounds the hips of the ninja and suspends him in water. The pouches that held the air were usually made out of rabbit skin and horse hide.

### METSUBISHI

Metsubishi, or "eye closer", were used to temporarily, or sometimes permanently, blind the enemy. Hollowed out egg shells, paper bags and short bamboo tubes were filled with a combination of sand, metal filings and pepper

and were used to attack the eyes of an enemy. Egg shells and paper bags were used by throwing the fragile containers at the opponent's face, causing it to break on impact and scatter the contents across the face and into the eyes. Bamboo tubes were sealed with paper or wax and, when the seal was broken, the tube was flung in the direction of the opponent, sending the contents into the face, blinding him.

Usually, metsubishi were used to make an escape when surrounded or cornered or if the Ninja felt there were too many opponents to fight at once. For example, if a Ninja were faced with 5 or 6 opponents, he might use metsubishi to blind 2 or 3 of them while he dispensed of the others.

#### NAGINATA & JUTTE

The Naginata is a long staff with a blade attached to one end.

#### NEKO-TE

The Neko-te were usually used by the kunoichi (female ninja). The weapon is strong iron fingernails that were fastened into leather bands fitted on the fingers, and resembled claws (not like that of of the shuko, ashiko) and were also dipped in poisons. The eyes were a favorite spot for slashing.

#### NUNCHAKUS

Though not a primary weapon of the Ninja, nunchakus (also known as "nunchucks") were used because they could be adapted for many situations. Aside from being easy to carry, the nunchakus were used to defend against most any weapon from a bo to a sword. By trapping the blade of a sword with the chain between the two sticks, a Ninja could entangle and disarm a sword-wielding attacker. The same concept applies to almost every other weapon. The nunchakus were not just used for defense, they could also be effectively employed against an enemy in an offensive way. The Ninja could strangle an opponent or even execute joint locks with the chain or cord between the two sticks.

## ONO

The Ono, or battle axe, was a very powerful weapon used to smash through castle gates, knock opponents off their horses or totally destroy anyone attempting to fight with a lesser weapon. The Ono was generally 4 feet long with a heavy, oversized steel blade. The weight of this weapon demanded great skill from the user in battle.

## SHIKORO

The Ninja carried a variety of small sawing tools with them in order to make small holes in walls so that a clear view could be gained into a room while hiding. Most of these saws were triangular in shape. This enabled the Ninja create a hole that was wide on his end of the wall and a small hole on the other side.

## SHINOBI BUNE

Sometimes, the Ninja had to cross wide rivers or even sail down them. For this, bamboo sticks and large, empty jars would be carried in a bag and, when the Ninja reached the river he had to cross or travel down, he assembled them into a criss-cross frame and then the jars, which were sealed closed, were tied to the bottom of the frame and acted as floats. The Ninja then pushed the boat into the water and used an extra bamboo stick as a paddle.

## SHINOBI KAI

A shinobi kai is a collapsible oar that is used with ninja water crossing devices. It was made of bamboo strip with a fan at the end.

## SHOBO

A shobo was a small weapon that was used for striking pressure points within the body, the neck was the best place to strike. It was a ring fitted on the middle finger and a piece of sharp/dull wood attached, there are many variants of this weapon.

## SHUKO / ASHIKO

These were steel or iron bands that were tied over the hands and feet and used as climbing aids. With the use of shuko and ashiko, a Ninja could scale a wall or climb a tree in a matter of seconds. In fact, many Samurai were reported as saying the Ninja could "climb like a bear."

## SHURIKEN

The Shuriken is the trade mark ninja weapon made famous by the movies and stories about the ninja. The Shuriken was simply a flat piece of metal with sharpened points that were thrown at the enemy.

The Shuriken was not originally designed as a killing weapon. It was mostly used to distract or deter so the ninja could escape. While in the midst of a get-away, the Shuriken could be thrown at the samurai chasing the ninja, possibly making the samurai think twice about continuing the chase.

Although the Shuriken was not intended to kill, it was easily made lethal by dipping the edges in poison. This was effective, but sometimes it backfired when the ninja would accidentally cut himself while digging around for it, thus poisoning himself.

Shuriken were also designed to hit the opponent then bounce away out of sight. This way a ninja could fool an unsuspecting guard or sentry into believing he had been cut by an invisible swordsmen. (One of many mental tricks)

## SMOKE BOMB

This circular bomb of smoke was made famous by the ninja movies in the 80's. For a quick get away this bomb could be filled with gunpowder to make an explosion and smoke.

## SWORDS

The ninja sword (ninja-to) was different than that of the samurai. The long sword that the samurai carried was made of high-carbon steel, and took



months to have made. They were hand made specially for each samurai, taking great care to make a very high quality sword. It was so sharp that it could easily cut a man in two, even through their armor. The length of the samurai swords averaged around 26 1/2 to 37 inches.

The ninja sword was considerably shorter, only 24 inches, and the quality of the swords was much poorer. The reason for the poorer quality was the way they used the sword as opposed to the way the samurai used theirs. Samurai would swing their sword, severing limbs and slashing at the opponent. Ninja, on the other hand, used the sword more in a stabbing motion. To use the blade of the ninja sword effectively you would have to use a sawing motion when the blade came in contact with the opponents flesh.

Another reason for the poor quality of the swords is that since ninja were mostly mountain people and outlaws, they could not afford to hire expert sword smiths like the samurai could. Also their own sword smiths did not have access to the right resources to be able to make curved edge swords with well constructed blades. If a Ninja could overcome a samurai he would take his swords, simply because they are better.

Although the ninja sword was smaller and poorer quality, it still had its advantages. The scabbard for instance was made longer than the sword, about 3 to 4 inches longer. At the end of the scabbard there was a hidden compartment that was used to hide small weapons such as spikes, daggers or small amounts of poisons. Another use the sword had was that it could act as a small step by jamming the blade into the ground, the ninja could use the hand-guard as a step to get that extra height needed to scale a wall. Because the blade was not very sharp, the ninja could also use it as a hammer by holding onto the blade (carefully) and hitting with the handle. Also it was common to have the tip of the scabbard come off so it could be used as a snorkel.

## TANTO

The tanto, or knife, was an important weapon in the ninja's arsenal. Like the ninja-to, the tanto was not made of the high quality steel that the samurai's sword was but the ninja made up for this by using the tanto as a multi-purpose tool.

The tanto was used to pry open doors, dig holes or small ditches, or it could be thrown like a shuriken. Of course, the tanto was also used to cut and stab an opponent.

## TESSEN

The Tessen was a folding fan with an iron frame and, when folded, was used to club an enemy. A few different variations were invented, including one with a sharp edge on the outside of the framework so that, instead of only being able to club a person, the ninja could cut as well.

## TETSU-BISHI

Tetsu-bishi (also known as calthrops) are small metal weapons shaped so that one point is always up. They, like the shuriken, were a weapon used for distraction while fleeing. The ninja would scatter the calthrops behind them and anyone unlucky enough to step on them would not likely continue with the pursuit. They could also be thrown, and dipped in poison like the shuriken.

## TARU IKADA

Floatation pots used by the ninja to cross shallow waterways and streams. The ninja would put each foot into a pot and cross the water.

## TOJIME

Since most Japanese doors slid from side to side instead of opening outward or inward, the Ninja would carry a variety of "jamming" tools. The tojime were bars of steel with a hook on each end. These hooks would be used to hold the door closed by locking them closed.

### TSUGI BUNE

The Tsugi Bune is a collapsible boat used by the ninja. Each ninja would carry their section of the boat when on land, and then join the pieces together when need for floatation.

### YARI

The Yari was typically 5 feet long with a 6 inch blade and the handle often contained a hidden chain or knife.

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## *Just a list of Ninja Teachers*

Masaaki Hatsumi, Yoshiaki	Takamatsu Den	Bujinkan Budo
Shoto Tanemura	Takamatsu Den	Genbukan Ninpo
Unsui Manaka	Takamatsu Den	Jinenkan Budo
Jinichi Kawakami	Koka Ryu Banto	Koka Ryu Ninjutsu
Fujita Seiko	Koka Wada Ha	Koka Ryu Ninjutsu
Harunaka Hoshino	Kingoro Tanaka	Fuma Ryu Ninjutsu
Stephen K. Hayes	Takamatsu Den	To Shin Do
Robert Bussey	Bujinkan Budo	RBWI
Anshu Christa Jacobson	Tomo Ryu Ninpo	Budo Ryu Kai
Frank Dux	Koga Yamabushi	Dux Ryu Ninjitsu
Rick Tew	Dux Ryu	Tew Ryu Ninjitsu
Dan C. Harmon	Koga Ryu	Koga Ryu Ninjitsu
Juan Hombre	Koka and Iga Ryu	Japan Ninjutsu
William Durbin	Koga Ryu	Koga Ryu Ninjutsu
Joshua Carr.	Kuji Kiri Ninjitsu	Shintai Ryu Ninjitsu
Bryce Dallas	Konigun Ninjutsu	Konigun Ninjutsu
Angel M. Guerra	Koka Ryu Ninjutsu	Bodoki, Senso Ryu
Ronald Duncan	Koga Ryu Ninjitsu	Way of the Winds
David D'Antonio	Koka Wada Ha Ninpo	Bufukan Ninpo Bugei
Ashida Kim	Koga Hai Lung Ryu	Koga Ryu Ninjitsu

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# NINJA

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**A book to honour  
Kuji Kiri Ninjutsu  
a.k.a. Shintai Ryu  
Ninjitsu of Soke  
Joshua Carr.**

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