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This statement has been included WITHOUT the knowledge or consent of Hatsumi Soke or anyone else within the Bujinkan ranks, and is intended to serve as a word of caution to those who are curious about the art of Ninjutsu. This is NOT, in any way, a ploy to direct prospective students to the Bujinkan, nor is its intended purpose to drive followers away from Mr. Kim. For those who are ready, the “way” will find them.

No changes have been made to the body of this document.

May your path be lighted with knowledge and truth, and free of deception and unfounded illusions.

– C. Garrett (24APR05)]

THE NINJA TRAINING

Manual

Version 1.4

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THE NINJA TRAINING MANUAL FOR ALL OF TODAY’S MODERN NINJAS

COMPILED & REVISED BY SILVER30685

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To follow the path:
look to the master,
follow the master,
walk with the master,
see through the master,
become the master.

..:Introduction:.

Ninja were the ultimate warriors of feudal Japan. Cloaked in darkness and secrecy, the Ghost-Soldiers struck fear into the hearts of their enemies and wreaked havoc on those who incurred their wrath. The Ninja do what must be done, and then it is forgotten. One must be invisible in the presence of the enemy, penetrate unseen anywhere, and pass without leaving a trace. Thus is the silent way of the Mystic-Knights, the Moonlit Path of the Shadow-Warrior, the Invisible Assassins of Feudal Japan, the Ninja.

Where there is no justice, the Ninja appear. They are not “called to action” by anyone. They are just ordinary people in

extraordinary situations. They need not have a "clan" or "credentials" or even a great deal of training. They need only the Will.

The principles and forms presented herein are intended for use by the lone individual. Some may wish to have a "clan", there is nothing wrong with this; however, each Ninja must follow his own path, and must never follow another blindly. The techniques presented should never be used for personal gain. Because some techniques are easy to learn and very effective, they have been used to train and build up large armies quickly. Do not use these skills to harm others, or for personal benefit. One must follow their heart, thus is the true lesson of Ninjitsu.

.:History of the Ninja:.

Excerpt from "History of the Ninja" by www.entertheninja.com

The history of the Ninja is hard to trace. This is because there were few, if any records kept of its existence. Most of what is known about the Ninja is taken from stories that have been passed down from generation to generation.

Nonuse ("the art of stealth") was first introduced to Japan in 522 A.D. as a religion practiced by priests. These priests were not violent people, they were "mystics" who gathered and shared information for the ruling classes. The Ninja as we know them were not introduced until later.

It wasn't until 645 A.D. that the priests perfected their fighting skills and made use of their knowledge of nonuse. This was because they found themselves being harassed by the central government and found it necessary to protect themselves.

In 794-1192 A.D. the new civilization flourished and with it, a new class of wealthy, privileged families. These families fought with one another in attempts to make or destroy emperors. The need for spies, informants and now assassins grew as these families dueled for power. They were suspicious and jealous of one another and would resort to any means necessary to eliminate any possible threats. Therefore, the practitioners of nonuse were in great demand. With this, the Ninja was born.

As the Ninja gained popularity, so did the stories of their superhuman abilities. This reputation was often encouraged by the Ninja themselves. Because they were a relatively weaker people than their counterparts, the Samurai, and were vulnerable to attack by the many warring families around them, it was to their advantage to have others believe they had such powers. Powers like having the strength of ten men, ability to turn into animals, fly and become invisible at will. The Ninja movies also added to the abilities by having the Ninja jump over buildings in a single jump, catch bullets in their teeth, and see into the future.

At this point you must understand the Samurai to truly understand just why the Ninja were so effective and in such demand. The Samurai's life was to "live by the sword, die by the sword", with no fear of death at all. His sword was his whole life, his soul. With this he followed the warriors code of honor, *the Bushido*. The bushido was to be followed at all times. If a Samurai were to stray from the code he would then commit *seppuku*, another term for *hara-kiri*. This was a ritual suicide where they would cut their stomach open with their smaller sword.

The Ninja followed no such code. Their only code was to do whatever it takes to get the job done. This gave the Ninja a great advantage right away, add the use of a wide variety of weapons and you have a superior warrior. Since the Samurai could not sneak into an enemy's house, because it was against their code, they could not carry out such tasks as assassination and sabotage. This is where the Ninja came in. And if that meant sneaking up behind a Samurai warrior and killing him before he even knew he was in danger, that was very permissible by the Ninja. The *bushido* would never allow for this. For this reason the Samurai were afraid of the Ninja. A fear the Ninja had earned.

This history may not be entirely accurate, but it is one view on the history of the Ninja.

.:Muscle and Weight Gain:.

Excerpt from "Muscle Gain" by Anthony Ellis

The first step to being a Ninja is being physically fit, as the job of a Ninja is very physically demanding. You need to get into shape, and stay that way. This section will teach you how to build your strength, and fast. If you think you're already in shape, then great - Keep it up. If not, you will need to train.

To gain muscle you must shock your body into growth. Because gaining weight for some people is extremely difficult, the only way you will get bigger is to shock your bodies into growth. You do this by:

- 1) Eating a lot of calories
- 2) Training with heavy weights

The first shock is by eating more calories than your body is used to. This is the most important factor in gaining mass. When you overload your system with plenty of protein and fats, your body has no other choice but to gain weight. The goal is to eat enough calories to allow your body to build more muscle.

The second way you must shock your body is with weight training. Weight training is the fastest way to get your body to build more muscle. If for some reason you can't weight train, push-ups and sit-ups are also good ways to train. Dieting and weight training both work together. The weight training overloads the muscles and stimulates growth, while the food you eat provides the necessary building blocks to repair and build new muscle tissue.

If you don't eat correctly while weight training, you WILL lose muscle tissue.

To Gain Mass, You Must Eat, Eat And Then Eat Some More!

To gain weight you have to eat, period! It basically must become a job. This is very simple, but most people never grasp the concept of eating. To build muscle, you must eat the right foods in the right quantities.

***Only protein can build muscle tissue!**

In addition to eating more calories, you will also have to eat more often. Sometimes, eating three meals per day won't cut it! You need to provide your body with a constant flow of nutrients and energy it needs to grow.

How To Weight Train For Maximum Muscle Gain

Not only will you have to change your diet, you will have to learn the correct way to weight train for muscle mass as well.

The best way to gain muscle mass quickly is to use free weights. You must focus on compound free-weight exercises, and lift heavy/challenging weights. This will stimulate the largest amount of muscle fibers. Your body responds to this stimulus by increasing your muscle mass.

Most machines are a waste of time. They will limit your development, because they help support the weight. Free weights make you support the weight along the entire path of the movement, which helps to stimulate more muscle fibers, while also strengthening smaller/weaker muscles. If your smaller supporting muscles are weak, your larger muscles won't grow. To build size and strength quickly, pro bodybuilders and professional athletes do not use machines - they use free weights almost exclusively!

"Less is more". Some people still believe that the more you train the bigger you will get. If that were true, all you would have to do is workout for 8 hours a day - and you would be huge! Unfortunately, it's not true, it doesn't work that way.

***You do not get bigger in the gym; muscles only grow when you are resting!**

Weight training is needed only to stimulate growth. After that, your body needs rest and food to build the muscle. People who have a hard time gaining weight, (Hardgainers), of course, need more rest and food than others.

Working out too often does not allow your muscles the necessary time to recuperate. Not only will you not grow, but you will also be setting yourself up for chronic injuries from over training, and possible muscle loss.

Gaining physical strength is only the first step to becoming a good Ninja. You will also need to learn some basic Martial Arts, or at least how to defend your self in combat. A good Ninja is ready for any situation.

.:Meditation.:

The emphasis on meditation to cultivate the mind and body is characteristic of all Far Eastern martial arts. Nowhere is this truer than in Ninjitsu, the Silent Way.

Ninja place as much importance on the spiritual and mental aspects of their art as on the physical. The ability to think, to reason and remember, is highly placed among a society where the mind is the ultimate weapon. To this end, Ninja developed exercises to sharpen their perception and psychological insight. These techniques also serve to rejuvenate the body, calm the mind, and cultivate the inner strength. It was said that the ancient Ninja could sense hidden enemies, foresee the imminent death of a sick or aged person, and predict the breakup of a marriage. This was not because they were "psychic" but rather because they had developed their powers of observation and intuition to a high degree through these and other special exercises.

How to meditate

Excerpt from "The Ki Manual" by Skull Kid

Ok, first I would like to say you should meditate everyday for a full effect. It is also helpful to set a certain time of day everyday to meditate. If you can, try to set it as the same time each day.

To meditate, sit on a chair or on the floor. If you sit in a chair, put your feet flat on the floor. If you sit on the floor, cross your legs so your right calf is above your left calf. In other words, sit down and cross your legs. Most people call this "Indian Style." Now put your right foot above your left knee. This is how you should sit. Now, make sure your back is straight, do not be hunched over. It helps now if you are listening to calm music, but it must be quiet. Burning some incense helps me a lot, so try that. You can close your eyes if you want, it makes it easier.

Next, try to clear your mind and relax every muscle in your body, starting with your feet. Work your way up to your head and then just relax for a few seconds. Inhale long breaths through your nose and exhale long breaths out your mouth. Count from 10 to 0 in your mind, then 9 to 0, then 8 to 0, and so on until you're at just 0. Every time you get to 0, say, "calm and relaxed" in your mind. Now, you should be fully relaxed and thinking of nothing. Congratulations! You are now meditating. To awake from this meditation, simply count from 0 to 1, 0 to 2, 0 to 3, and so on until 10. Each time you get to the highest number, such as counting 0 to 5, when you get to 5, say, "awaking more and more" in your mind. You will end up fully awake and you should feel great. Now open your eyes if you closed them.

The secret of meditation is regular practice. Perseverance, diligence, and quiet determination are required. If performed on a daily basis, continuous improvement can be expected.

Meditation is not a process to be hurried; do not expect instant result. But, slowly, softly, after a few weeks, you'll notice that an old injury no longer aggravates you, or that you are sleeping better. Then will come subtle sounds and sensations. A feeling of lightness, a tingle up the spine, the sound of your own heartbeat. These are signs of steady progress.

Two periods per day are recommended. One soon after rising and one before going to bed. The exercise should be done in a quiet darkened room, neither too warm nor too cold. The clothing should be loose and comfortable, there should be adequate ventilation to provide fresh air, and noises or other distractions should be avoided.

Breath control is the key to proper meditation, which may be defined as *the art of consciously altering the state of mind*. To accomplish this, one physically adjusts the pH (acid-alkaline balance) of the blood by regulation the rate of respiration.

This training is not for the purpose of gaining, exploiting, or manipulating power. It should not be practiced with those goals in mind, as this will hinder good progress. It is about calming the mind, healing the body, and improving oneself to be in harmony with the flow of the universe and set a good example for all.

Meditation, sitting quietly, listening to yourself breathe, is the first exercise of Ninja Invisibility.

* If you would like to learn more about meditation and manipulating your Ki, refer to [The Ki Manual](#)

..Ninja Fighting Arts:

Excerpt from "Hand to Hand Combat" Krav Maga books and videos

There are several Ninja Fighting Arts. You should learn some form of Martial Arts, but all Ninjas need to be skilled in the art of hand-to-hand combat and self-defense. This section will teach you how you can kill another person with your own two hands. The information presented here will be very helpful to the beginner and will also serve as a refresher for those of you already familiar with the subject.

I will start off by talking about basic things such as stance, what you should and shouldn't do when fighting and other information that the beginner will need to know. Then, I will give you a list of over 20 vulnerable points that one should always try attacking in a fight along with the way these points should be attacked. Finally, I will give you some more fighting tips and information on how you can continue learning about hand-to-hand combat.

Stance

The best stance when confronting an enemy is to put your feet at shoulders length apart and your arms should be facing forward, parallel to each other and bent at the elbows. Keep your knees slightly bent and stand on the balls of your feet. Remember, you always want to maintain this stance when you are not striking at the enemy.

Balance

It is always important that you keep your balance. If you use the stance I have described above, you will never have to worry about it. If by chance you do lose your balance even for a second you can kiss your ass goodbye, as the enemy will probably kill you.

Aggressiveness

Always be aggressive and always attack. Don't just stand back and defend yourself against the enemy's strikes, as he will end up killing you eventually. If you are not aggressive, the enemy will think you are scared and he will have an advantage over you. A great thing to do is yell at the enemy. This will scare the shit out of him if you start yelling at him and plus it also allows you to get more oxygen in your lungs so you will have more strength.

Natural Weapons

Your natural weapons are as follows: knife edge of either hand, the heel of your hands, your fingers folded at the second knuckle, your boot, your elbow, your knees, your teeth, your fore finger and second finger forming a „V" shape, and your fist. These body parts alone are some of the most powerful weapons you can use.

Since you now know the basics of fighting, let me list for you the best places where you should strike your enemy.

- Temple - A sharp blow to the temple ensures instant death since there is a large artery and nerve located close to the skin surface. If you give a medium blow to the temple it will cause severe pain and concussion but a hard blow will kill the enemy instantly. The best way to strike the temple is with the knife-edge of your hand or if he is on the ground you can kick him with the toe of your boot.
- Eyes - The eyes are a great place to strike if you can since a good strike in the eyes will cause temporary or permanent blindness. To blind the enemy, make a „V" shape with your fore finger and second finger and stick them into his eyes while keeping your fingers stiff. Also, you can gouge the eyes with your thumb.
- Nose - The nose is another excellent place to attack. Hit the bridge with the knife-edge of your hand and you will cause breakage, severe pain, temporary blindness and even death. Or you can use the palm of your hand to strike upwards and push the nose up into his brain. If done hard enough the nose bone will puncture his brain and he will die.
- Upper Lip - The upper lip contains a lot of nerves close to the skin surface so if you strike it with the knife-edge of your hand it will cause great pain and if delivered hard enough he will become unconscious.
- Mouth - If the enemy is on the ground, use the heel of your boot and strike him on the mouth. Since there are a lot of veins and arteries in the teeth there will be a lot of blood, which will frighten the enemy, and he will lose concentration on defending other parts of his body.
- Chin - The chin should only be struck with the palm of your hand as you can break your fingers on the enemy's chin. Use the palm of your hand and strike the enemy with a very strong upward blow. This will cause extreme discomfort.
- Adam's Apple - Usually the enemy will defend this part of his body well but if you do get the chance give it a sharp hit with the knife-edge of your hand. If you hit it hard enough you will bust his windpipe and he will die. You can also squeeze the Adam's Apple between your fingers.
- Esophagus - If you have a chance to get a hold of his neck, press your thumbs into his esophagus (located below the Adam's Apple). Pushing hard will be very painful and it will block the oxygen flow to his lungs and he will die quickly.
- Neck - If you give a very strong blow to the base of the neck with the knife-edge of your hand you will usually break it. However, if it is not hard enough, the enemy might just be knocked unconscious so be sure to hit him in the temple or twist his neck around to be sure he is dead. The neck is the best place to hit someone if you want to be quiet as it is quick and the enemy goes down without a word.
- Collar Bone - The collarbone is an extremely sensitive part of the body. A sharp blow to it with the knife-edge of your hand or your elbow gives the enemy excruciating pain. Also, digging your finger into the collarbone can bring your enemy to his knees.
- Shoulder - The shoulder is easy dislocated and it takes little strength to do. However, it should be done quickly. Grab the enemy's arm and pull it behind his back and then jerk it upwards quickly. You should here a popping sound, which means you have dislocated the enemy's shoulder. There are other methods of doing this but this is the easiest.
- Arm Pit - Although it is hard to get at, the armpit has a large network of nerves. If the enemy is on the ground, hold up his arm and then kick him in his pit. This will cause severe pain. However, it is not a very common place that will be struck in a fight but is good to keep in mind anyways.

- Rib Cage - A strike to the rib cage with your fingers folded at the second knuckle is rather painful and if done hard enough causes severe pain and breakage. Only use your fingers folded at the second knuckle since that hurts the most.
- Solar Plexus - The solar plexus is located on the chest at the little „V" shaped point where the rib cage ends. There are a large amount of nerves so a blow with the knuckle of your second finger can cause severe pain and even unconsciousness.
- Floating Ribs - The floating ribs are the lower ribs located at the front and sides of the enemy's body. Use the knife-edge of your hand or the heel or toe of your boot. The blow will cause pain and will stun the enemy.
- Spine - A blow to the spine with the heel of your boot can paralyze or kill your enemy. The lower spine between the enemy's kidneys is the best place to hit, as that is the least protected part of the spine. You will only be able to attack the spine when your enemy is on the ground or if his back is turned to you.
- Kidneys - The kidneys have two large nerves that are close to the skin surface. If you strike the kidneys hard it will cause death. You can use a fist or the knife-edge of your hand to hit the kidneys. Or a kick with the heel of your boot will work too.
- Groin - The groin is a good place to strike if you get the chance. Generally, the enemy will protect this area the most but if you have a chance, strike it with your knee in an upward motion or with your fist. I'm sure you can imagine the pain the enemy will get from it.
- Tailbone - The tailbone, which is located above the anus, is a very sensitive part of the body as a lot of spinal nerves are located there. Use the toe of your boot to strike the tailbone. The pain from that is unbelievably severe.
- Elbow - The elbow is easy to break or dislocate. Pull the enemy's arm behind him and with the palm of your hand push his elbow inwards until it either cracks or pops. When the enemy has a useless arm, you have a great advantage over him.
- Fingers - The fingers should be broken because the enemy becomes almost helpless with broken fingers. Grab the enemy's arm with one hand and with the other hand push the fingers upwards until they snap. It is only necessary to break the first two fingers. It is also helpful in breaking a grip.
- Knee - You can destroy the knee by kicking it with the side of your boot in an upward motion. This will rip the ligaments and the cartilage. This will cause unbelievable pain and make it impossible for the enemy to move around. Once a knee has been ruined, you will have a great advantage over the enemy.
- Ankle - If the enemy is on the ground, get a hold of his ankle and twist it until it snaps. This will make it almost impossible for him to walk and he will then be easy to kill.

Let me talk about some more important things you should remember when you are fighting somebody.

Tactics

Always try to throw your enemy off balance. You can do this by charging the enemy and pretending to strike him. This will make him flinch and lose his balance. Always look for a weak spot and attack it. Whenever he leaves a vulnerable part of his body unprotected attack it with all your strength. By doing this, he will then try to protect the part of his body that you just struck thus leaving even more unprotected parts open. Use any available object that you can. By this I mean throw sand in his eyes, block his strikes by hitting him with a large branch, or any other kind of available material that can be used as a weapon against him.

Foul Play

In a life or death situation there is no such thing as foul play and there are no rules either. Although hitting someone in the groin is considered a cheap shot in high school, it is a very effective way of destroying your enemy. Just hit him where you can and kick him when he's down. That way, he will never get back up again.

I have now explained to you the basics of fighting and the best places to attack your enemy on his body. Just because you have read this file doesn't mean you will be able to go out and kick somebody's ass in. These methods take a lot of practice in order to do them properly.

If you enjoyed this file and would like to practice these methods get a partner who is also interested in this and work on each type of strike and kick. When you first start out, go slowly and remember that these methods are deadly and do not require much force to be effective so take it easy on your partner.

..:Clothing:.

To be a full-fledged Ninja, you will need the proper gear. The Ninja uniform is called a Shinobi Shozoko. It is typically only one of three colors, but usually a Ninja will wear black, because most of their work takes place at night. The other colors are *white*, for blending in with snow, and a camouflage pattern when a Ninja has to blend in with the forest. To acquire Ninja Gi, you can find it fairly cheap on the Internet. Prices range anywhere from \$60-100, depending on what you get. I bought my Ninja Gi from <http://www.karate-mart.com>

While in full uniform, a Ninja's flesh is all hidden, all except a small slit around the eyes and their hands. Their boots are tabi boots, which have a slit in between the big toe and the second toes. This is to make it easier for climbing and scaling walls.

The Shinobi Shozoko has many pockets all through it, inside and out. This is for storing all the small tools and weapons that are needed. Such as poison, shuriken, knives and so on. Ninja also carry a small, primitive, first aid kit, filled with potions and solutions.

Not all jobs required that a Ninja wear the Shinobi Shozoko. Sometimes it is good for a Ninja to blend in with other people, depending on the job.

..:Weapons:.

Excerpt from "Ninja Weapons" by www.entertheninja.com

Like fighting arts, the weapon a Ninja uses is his choice; some may even choose not to use a weapon.

Weapons such as small and large swords, bow and arrows, knives, bo (staff), scythe and chain, shuriken and many others are common. When empty handed a Ninja is dangerous, when armed they are very deadly.

Here is a list of the known weapons used by the Ninja:

- Ashiko
- Bokken
- Fukiya
- Jo
- Kama
- Kyoketsu-shogei
- Ono
- Tanto
- Tetsu-bishi
- Bo
- Chigiriki
- Hanbo
- Naginata & Jutte
- Neko-te
- Manriki-Gusari
- Shobo
- Swords
- Yari
- Bow
- Darts
- Hoko
- Kakute
- Kusari-gama
- Nunchakus

- Shuriken
- Tessen

Remember, whatever you choose to use, you will have to carry with you. Do not carry unnecessary equipment.

..Ninja Stealth:

In Ninjitsu, it is essential that as little evidence remains for the enemy to study. Thus, strive to leave no trace of your passing for the enemy to follow.

Guidelines for stealth walking

Excerpt from "The Mystic Arts of the Ninja" by Stephen K. Hayes

- 1) Maintain balance control by allowing your body weight to sink and be carried by deeply flexed knees.
- 2) Remember to breathe along with your movement. Unconsciously holding your breath can unknowingly produce unneeded muscle tension, and could result in gasping release of breath if you are startled or accidentally unbalanced.
- 3) Stay alert to the entire scene. Do not become so engrossed in watching your feet that you do not notice other people or elements entering the surroundings.
- 4) Use all joints for movement, emphasizing fluidity through the engagement of the ankles, knees, and hips for stepping. Avoid the lazy and dangerous habit of stiffening knees and swinging the entire leg from the hip.
- 5) Maintain your weight and balance on your grounded leg while you move the other leg into position to bear the weight. When absolute silence is a must, avoid distributing your weight over both legs at the same time.
- 6) If practical, allow your hands to float lightly in front of and beside your torso, one arm higher and one arm lower, to detect possible obstructions before your committed body weight encounters them.
- 7) Pause and hold your position if you feel that you have accidentally caused too much noise. Listen for signs that you were heard, such as the movement of others or the immediate silencing of background noise following your slip. Sink a little lower on your knees to physically relax. Take a deep breath and release it slowly to further relax. Continue your pause for as long as you feel is necessary to regain your composure and allow possible listeners to decide they did not hear anything after all.
- 8) Be as patient as possible. If speed of travel is not important, take as much time as you can. Impatience and the resultant hasty movement that it encourages are the greatest dangers to the person who must move silently without detection.
- 9) Keep your movement appropriate to your surroundings. Do not go to greater lengths than necessary to conceal your movement, while at the same being aware of what others entering the area may see if they cannot hear. Total silence may not be needed when moving through wooded or densely populated areas where scattered noise is a natural part of the environment. Also be aware that low profile crawling or sliding may be the only way to move silently without being seen in some locations.

Darkness

Darkness is one of the Ninja's most formidable weapons. However, darkness does not protect you or make you invisible. Before going into a situation, try and study it as much as possible. Observe and memorize landmarks, the general layout and identify potential escape routes. This will significantly reduce the danger of getting lost or confused inside enemy territory.

- **Improve Your Night Vision** - When in low light, it's difficult to see objects by looking directly at them. During night operations, it's more effective to glance around the object with quick, flitting eye movements. Look out the corner of your eyes or lift your gaze above the object.
- **Allow Your Eyes To Adjust To The Light** - It takes approximately 20 to 30 minutes for eyes to fully adapt from light to darkness, but to adjust from darkness to light takes less than a minute. A bright flash or spotlight can destruct your night vision, starting the slow adaptation process all over again. Avoid white light at all cost and use a flashlight with a red lens for reading maps and intelligence scanning. Keep in mind that someone in light will have greatly reduced vision when looking away from the light to search in the darkness.

Individual Movement Rules

Excerpt from "Secrets of the Ninja" by Ashida Kim

Follow these general rules to move without being seen or heard by the enemy:

Camouflage yourself and your equipment.

Wear soft, well-fitting clothes. Starched clothing swishes, baggy clothing is likely to snag.

Use ankle ties to blouse the trousers. Do not tie them too tightly as this retards circulation.

Do not carry unnecessary equipment.

Look for your next point of concealment before leaving your position.

Change direction when moving through tall grass; a straight path causes an unnatural motion which attracts attention.

If you alarm birds or animals, remain in one position and observe. Their flight may attract attention.

Take advantage of distractions provided by natural noises.

Cross roads and trails where maximum cover exists, look for a low spot or curve, cross quickly and silently.

Follow the furrows when crawling over a plowed field, crossing the furrows at low spots.

Avoid steep slopes and areas with loose gravel or stones.

Avoid cleared areas to prevent silhouetting.

Avoid heavily trafficked areas.

Avoid areas that are not trafficked at all. They may be mined or booby-trapped.

Always move downwind from kennels or guard-dog positions.

Observe the enemy as much as possible, watching for indications that you have been discovered.

When in doubt, do not move.

Learn the patterns used to see, that you may move outside the field of view.

Learn to move without disturbing your surroundings.

When avoiding spotlights, when the light moves, remain still; when the light stops, move.

In all these things you must research and train diligently.

..:More Resources:.

To further your training, you will need to expand your knowledge of Ninjitsu. This section contains items that should advance you in your development.

Recommended Books

Here is a list of books that should be useful to a Ninja in training -

- **Mugei-Mumei no Jitsu (BLACK BELT SIMPLIFIED)** Dojo Press, Inc.
- **How To Become A NINJA** Dojo Press, Inc.
- **Secrets of the Ninja** Dojo Press, Inc. *You can download this for free! Check out: www.ashidakim.com*
- **Iron Body Ninja** Dojo Press, Inc.

Recommended Websites

Here are some websites that should be helpful –

- <http://www.ashidakim.com>
- http://www.geocities.com/retsugen1/Black_Dragon.html

More to come.

Other Manuals By Silver30685

If you enjoyed this manual, then you should also check out some of my others!

- **Spirit Of The White Tiger**
- **The New Ki Manual** (*In Progress*)
- **The Kusari Ninja**

.:Credits:.

This manual was compiled and revised by Silver30685. If you have any questions or comments, email me at silver30685@hotmail.com. All suggestions are welcome. Please tell your friends about **The Ninja Training Manual**. Thank You. Please be sure to check back for newer versions!

There is much more to Ninjitsu. Do not limit yourself to this manual, or to any other. You must develop your own style of Ninjitsu, there is no right or wrong! This manual was created only to get you started. More information to come!

.:Disclaimer:.

Please use common sense. I am not responsible if you harm yourself or anyone else. This manual was not created to teach how to do anything illegal. If you would like to post this manual on your site, please do so. The only thing is you must leave it exactly the way it is. No copyright infringement was intended in the compiling of this manual.

Note: Some excerpts may have been altered to correct grammatical errors, spelling errors, or for clarity.

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