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The Ninja and Their Secret Fighting Art

Stephen K. Hayes

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Look past the legends and learn about the REAL ninjas of feudal Japan with this entertaining, illustrated ninjutsu guide.

Ninjutsu, the least understood of the Japanese martial arts, is an ancient fighting style emphasizing natural movement, responsiveness to adversaries, and absolute practicality. In feudal Japan, ninja were feared for their skill in espionage and, particularly, assassination. Masters of weaponry, stealth, and martial techniques, ninja were credited with supernatural powers because of the near-invincibility of their unique and deadly art.

In *The Ninja and Their Secret Fighting Art*, Black Belt Hall of Fame member, Stephen K. Hayes, reveals the secrets that lead to the perception of the ninja as warriors of almost sorcerous skill—the art of invisibility, special tools and weapons, and psychological training enabling the ninja to gain advantage in any situation.

Chapters include:

- Perspective—Origin; Organization; Training; At the Height of Power; The Decline; Ninjutsu in the Modern World
- Search for the Ninja
- Unarmed Combat—The Ninja Fists; Fighting Postures; Other Factors
- Weaponry—Chains and Cords; Sticks and Staffs; Canes with Concealed Weapons; The Ninja Sword; Throwing Blades
- The Way of Invisibility—Sense Deception; Phantom Steps; Reconnaissance; Blending with the Night; Attacking the Eyes; The Art of Disguise
- Shadow Warriors—Espionage; Commando Tactics
- The Realm of the Spirit—Psychological Warfare

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