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Taijutsu Training

Budo

Taijutsu

Training

Manual

A no-nonsense guide to the mind-body training necessary for budo, the study of traditional Japanese martial arts for self-

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Taijutsu Training
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cultivation—from a sixth-degree black belt and iaido teacher Budo is about learning more than how to fight; true budo is a way of seeking and uncovering meaning in life. Here, Nicklaus Suino, one of the leading iaido teachers

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Taijutsu Training
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in North America,
gives expert advice on
how to get the most
from training in
traditional Japanese
martial arts such as
iaido, kendo, aikido,
judo, kyudo, and
karate-do. He reveals
the essential
components of budo
training, including

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how to:

- determine the principles behind techniques
- develop physical strength, technical strength and strength of character
- discipline your mind to really focus and be in the present moment

The book depicts the

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intense vitality of
budo from Masaaki
Hatsumi. The author
integrates poetry,
anecdotes, essays and
personal
correspondence into
the book. All of them
are interwoven within
the fabric of the
master's oral
teachings, bringing to

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life the depth of an ancient text. This makes the book break free from the clichés and stereotypes of martial arts and become more beautiful, more attractive.

The first complete translation of the ultimate Ninja

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Taijutsu Training

Manual—a

Manual

comprehensive guide

to the arts of the

ninja, including

espionage, warfare,

assassination, and

more In 1676, a ninja

named Fujibayashi

collected and

combined

information from the

ninja clans of

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Iga—regarded to be the homeland of the ninja—and compiled it into an authoritative book.

Known as The Bansenhukai, Fujibayashi's book has now been translated into English by the Historical Ninjutsu

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Research Team and is widely considered to be the ' bible ' of ninjutsu, the arts of the ninja. The Book of Ninja begins with an in-depth introduction to the history of Fujibayashi's scripture. The teachings themselves,

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appealingly rendered in this translation, then take us into the secrets of guerrilla warfare and espionage. We learn how to become the ultimate spy, whether through a network of spies or by hiding in plain sight. Through the stealth and

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concealment tactics
of night-time
infiltration, through
weapon and tool
building skills, and
through mission
planning, we can
learn much both
about warfare and
about adopting the
right mindset for
tackling our own

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inner and outer enemies. Adding to the mix for the spycraft lover, there are sections on capturing criminals, performing night raids, making secret codes and signs, and even techniques for predicting the weather, and using an

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esoteric Buddhist
system of divination.

An exciting and
engaging tome of lost
knowledge, The
Book of Ninja is the
final say in the world
of the ninja and the
ultimate classic for
samurai and ninja
enthusiasts alike.

Learn to master

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Taijutsu Training
Manual

ninjutsu techniques
and the Budo warrior
ethos with this
informative and
entertaining martial
arts guide. Welcome
to the secret world of
the ninja master! The
Illustrated Ninja
Handbook is your
ultimate guide to the
esoteric knowledge

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and teachings of the ancient Japanese shinobi. It provides ninjitsu devotees with the first detailed understanding of this shadowy and mysterious martial art form. This handbook contains step-by-step instructions that allow you to master

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the 40 most
devastating ninja
fighting techniques. It
was created with the
blessing of legendary
ninjutsu master Soke
Masaaki Hatsumi,
who taught for many
generations in the
Bujinkan
School—generally
recognized as the

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leading ninjutsu
school in the world.

The Bujinkan Dojo
encompasses nine
separate ryu-ha or
martial arts schools
that are based in
Japan and headed by
Hatsumi. Bujinkan
ninjas use both armed
and unarmed fighting
techniques, with

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weapons such as
swords, bamboo
shinai, and staffs.

They also learn to
defend themselves
unarmed against
weapons attacks.

Author Remigiusz
Borda studied and
taught Bujinkan
ninjutsu for many
decades, and in this

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Taijutsu Training
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book presents the unique system created by Masaaki Hatsumi—the 34th Grandmaster and head of the Togakure-ryu Ninjutsu lineage. The Illustrated Ninja Handbook is based on hundreds of years of actual ninja combat experience

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and contains the traditional knowledge of the legendary Shinobi warrior clan who were instrumental in helping found the Tokugawa Shogunate.

Bujinkan Densho
The Grandmaster's
Book of Ninja

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Training
Ninja Art of
Unarmed Combat
Budo Secrets
Ninpo
Ninjutsu

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

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Manual

*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*

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*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*

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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

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*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*

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*include: Perspectiv
e—Origin;
Organization;
Training; At the
Height of Power;
The Decline;
Ninjutsu in the
Modern World
Search for the
Ninja Unarmed
Combat—The
Ninja Fists;*

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*Fighting Postures;
Other Factors
Weaponry—Chain
s and Cords;
Sticks and Staffs;
Canes with
Concealed
Weapons; The
Ninja Sword;
Throwing Blades
The Way of
Invisibility—Sense*

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*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—Psyc*

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*hological Warfare;
The Force of the
Killer; The Great
Harmony*

*Budō Taijutsu
(Martial Arts Body
Technique),*

*combines the
essence of nine
classical martial art
systems from*

Japan. Through his

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*organisation, the
Bujinkan,
Grandmaster
Masaaki Hatsumi-
sensei has
overseen the
growth of Budō
Taijutsu to many
thousands of
practitioners
worldwide. Its
training philosophy*

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*of developing your
response in
accordance with
the situation
provides both a
dynamic martial art
and practical form
of self-defence. In
Budō Taijutsu: An
Illustrated
Reference Guide
of Bujinkan Dōjō*

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Manual

*Budō Taijutsu,
author and
illustrator Duncan
Mitchell provides a
comprehensive
training manual for
both beginners and
experienced
students. The book
starts with basic
training advice,
physical*

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*preparation
exercises and how
to take a fall safely
before moving on
to providing clear
diagrams and brief
explanations for
the essential basic
techniques of
striking, joint locks,
throws, choking
and self-defence.*

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*The second half of
the guide then
gives detailed
descriptions of
Kata (practice
forms) for: Shinden
Fudō Ryū
Dakentaijutsu Kuki
Shinden Ryū
Dakentaijutsu
Takagi Yōshin Ryū
Jūtaijutsu Gyokko*

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Ryū Kosshijutsu

Kotō Ryū

Koppōjutsu

Togakure Ryū

Ninpō Taijutsu

This is the only

*book on the art of
ninjutsu written by*

Dr. Masaaki

*Hatsumi, the 34th-
generation leader*

of the togakure-ryu

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Taijutsu Training
Manual

ninjutsu tradition.

*This best-seller
contains training
and fighting
secrets known only
to the ninja of
ancient Japan.*

*Taijutsu is the ninja
warrior's elite
system of unarmed
self-defense. This
is the first book to*

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Manual

*definitively present
the concepts,
principles, and
techniques of this
rarest of martial
arts, whose
lineage traces
back through the
feudal Japanese
masters to ancient
Chinese monks.
A Manual for the*

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*Way a Modern
Warrior Should
Think*

*Illustrated Ninja
Handbook*

*Unarmed Fighting
Techniques of the
Samurai*

*Art of Life and
Death*

*Ninja and Their
Secret Fighting Art*

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Manual
History and
Tradition

Ninja Fighting
Techniques

explains how to
defend yourself
against real-world
threats using
techniques
perfected

centuries ago by
the great Ninja
masters. Author

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Stephen K. Hayes
is the world's
leading expert on
Ninjutsu
techniques. In this
book, he presents
the Ninja "Five
Elements" system
to explain
fundamental
aspects of self-
defense. According
to Japanese
Buddhist belief,

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*human nature is
connected to the
natural world and
the five elements.
By understanding
that connection,
essential responses
to any threat
become clear:
Earth—Remain
grounded in your
thinking and
footing to repel
attempts to*

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*distract or deceive
you Water—Shift,
angle and move
fluidly to confuse
attackers and put
them off balance
Fire—See where a
situation is going
as it develops and
intercept it at the
critical moment
Wind—Stay light
on your feet and
move nimbly to*

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*evade attempts to
pin you down*

*Void—Control a
fight's direction by
changing dynamics
to confuse your
attacker Ninja*

Fighting

Techniques

*explains how the
five elements can
become automatic,
unconscious
responses for*

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Manual
*fighters who train
the Ninja way.*

*Through study and
practice they
become instinctive,
effectively
employed precisely
when you need
them without
thinking. The
advantage of Ninja
teachings over
other martial
disciplines is that,*

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in addition to providing physical combat methods, they teach you to develop a better understanding of human behavior and psychology as well as "real-time" awareness of your surroundings—invaluable in any combat and street fighting situation.

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With over 300 full-color photographs and detailed step-by-step instructions, this book shows you how the ancient self-defense techniques developed by the Ninja are still unsurpassed today!

The study of budo,

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or the Japanese martial arts for self-cultivation, is a lifelong path toward perfection of character. Here, Dave Lowry, a sword master who has practiced and taught budo for over forty years, addresses the myriad issues, vagaries, and

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inconsistencies

that arise for students of karate-do, judo, kendo, kenjutsu, aikido, and iaido as their training develops.

He examines such questions as: •

What is the relationship between the student and teacher, and what

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Manual
*should one expect
from the other? •*

*What does rank
really mean? •*

*How do you
correctly and
sensitively practice*

*with someone less
experienced than
you? • What does*

*practice look like
as one ages? •*

*Why do budo arts
put such an*

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emphasis on

etiquette? • And

many others Lowry

also gives practical

advice for

beginning and

advanced students

on improving

structural integrity

in posture and

movement,

focusing under

stress, stances and

preparatory

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*actions before
engaging with an
opponent, and
recognizing a good
teacher from a bad
one.*

**TRANSLATOR' S
INTRODUCTION**

*We would like to
begin by thanking
Doshu Ueshiba
Kisshomaru and
the Aikikai
Foundation for*

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making this family treasure available for publication. We also wish to express our appreciation to those teachers who gave their invaluable help in explaining difficult passages. Due to the historical nature of this work certain difficulties

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arose, especially in deciding to what degree we should try to produce clear and precise English. Any precise translation could easily become a personal translation, limiting the contents and range of the translator's individual

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*understanding at
this particular
point in his or her
training.*

*Therefore, after
consulting some of
the highest Sensei
in Aikido and other
arts it was decided
to strive for a
translation that
would both
preserve the
simplicity of the*

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*original expression
and at the same
time leave open to
the reader at least
the possibility of
coming up with the
broad set of ideas
and associations
indicated in the
Japanese. This
book appeared in
1933 and is the
first published
account of O-*

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Sensei's art.

Although not actually written down by him, it is a transcription of lectures and explanations which was later reviewed by the founder and approved as a teacher's manual.

The political and historical context of the times should

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Manual

be kept in mind.

No attempt has been made to edit the text. The original copy has O-Sensei's title which was simply "Budo Renshu", i.e. "Budo Training". Later the second Doshu annotated this with the word "Aikido". The Dojo decided on using the

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*original name here
despite the fact
that most Japanese
copies are entitled
"Aikijujutsu Ogi", or
"The Secrets of
Aikijujutsu". The
latter is actually an
interpretive
heading used by
the copyists. The
original was hand-
written and
illustrated. Later*

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this was copied out several times, using tracing paper to reproduce the illustrations.

During this process errors easily crept in. By comparing various copies, most of the poems could be deciphered despite their flowerly writing style.

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However only a few of the tracing mistakes have been corrected here. In other cases the terms 'left' and 'right' had been reversed. This seems to be the result of confusing Nage's point of view Uke's. In this edition these

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*obvious errors
have been
corrected to match
the illustrations.
The poems
presented the
biggest problems.
Much effort was
spent to offer the
reader a
translation which
presents as closely
as possible the
same degree of*

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*lee- ay for
interpretation,
insight and error,
as appears in the
original. Two
versions are
offered. One
reflects the
5-7-5-7-7 syllabic
structure of five
line, Japanese
Waka poetry. Each
line in English
contains the same*

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groups of words found in the corresponding line of Japanese. The second attempt is to put the poem into a somewhat clearer English syntax. Another interesting point about the poems is that not all of them are original compositions of O-

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Sensei. At least a few can be traced to other martial traditions. Please note that the parentheses indicate the insertion, for your reference, of a Japanese word used in the text for the preceding English word (except for a few

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cases in the technique section where O-Sensei used parentheses in the original). Square brackets are the translator's insertions for the sake of the English. By simply deleting the sections enclosed by them, they allow readers to

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refer to O-Sensei's exact words, if they choose to do so. Although not for the beginner, it is hoped that access to this historically important text will be useful in understanding Aikido and its origins for those who have taken

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Budo as their
'Way'. Larry E.

Bieri Seiko

Mabuchi

*A translation and
reproduction of a
Japanese book
about Bojutsu.*

*Matsumoto Torata
developed this*

*system of Bojutsu
(fighting with a
staff) in the 1920s.*

He intended this

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*system to be used
in Junior High
Schools as well as
by people in the
community as a
method of self-
defense. His
training
methodology likely
originated with the
Shingyoto Muto
Ryu school of
martial arts. First
time in English.*

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*The Complete
Ninja Collection*

A Guide for

Westerners

Bojutsu The

Matsumoto System

Budo Training in

Aikido

Budo Taijutsu

An Illustrated

Reference Guide of

Bujinkan Dojo

Budo Taijutsu

Make the most

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out of your martial arts training sessions with this specifically designed log book. Each page has space for all the important details of your training session. Use the data you

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record to monitor
your

improvements

and new

techniques

learned, keep

track of specifics

and

technicalities,

and keep an eye

on any aspects of

your training that

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need more focus.

If you train twice per week, this log book will keep you going for over a year!

Features: Track session details - Date, week, weight, session, instructor, belt rank Track

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techniques

covered in each
session Note

progress made,

and areas for

improvement

next time Space

for your own

notes

Discusses the

philosophy of

ninja training,

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and demonstrates exercises, stances, and movements

In budo—which can be translated as "the way of brave and enlightened activity"—martial arts and

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spirituality merge
at the highest
level of skill.

Budo Secrets
contains the
essential
teachings of
budo's greatest
masters of
Kendo, Karate,
Judo, Aikido, and
other disciplines.

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Timely and
instructive, these
writings are not
just for martial
artists—they're for
anyone who
wants to live life
more
courageously,
with a greater
sense of personal
confidence and

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self-control, and with a deeper understanding of others. John Stevens has gathered an eclectic and historically rich collection of teachings that include principles and practice

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guidelines from training manuals and transmission scrolls, excerpts of texts on budo philosophy, and instructional tales gathered from a number of sources. Since many of the martial arts

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masters were also fine painters and calligraphers and used brush and ink as a teaching medium, Stevens has included their artwork throughout with explanation and commentary.

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The world's only
illustrated guide
to the real ninja
teachings of
historic Japan
with original
techniques
presented in a
highly accessible
'how-to' format
The shadowy
figure of the

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ninja—expert
commando,
secret agent,
maverick who
operates outside
social norms—con
tinues to exert
fascination in the
West, yet much
of what is
presented as
ninja fact today is

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distorted or
wrong. Drawing
on the scrolls
created by
historical
Japanese ninjas
(or shinobi, as
they were then
known), this book
offers the real
ninja teachings in
150 easy-to-

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follow, illustrated lessons designed to draw contemporary students of ninja straight into the world of these skilled spy-commandos. The truth about the ninja is so much more complex

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and intriguing
than the
Hollywood
clichés we know
today. We may
think, for
example, of a
ninja as being
always garbed in
black and
fighting with
'throwing stars'

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but in fact, a ninja had clothes in different colours to serve as disguises for different times of day, and their arsenal of weaponry could include anything from poison, poison gas,

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pepper spray and fire-creating tools to swords, spears and knives (but no throwing stars). The 150 lessons in this book cover all the basics of ninja warfare, including clever ideas for

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infiltrating an
enemy

compound (from
wearing 'silent
sandals' to faking
passes and
passwords),
tactics for hiding
and retreat (in the
raccoon dog
retreat, a ninja
will crouch low

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and halt, allowing the pursuer to collide with him at speed, whereupon the agent kills his enemy), and ways of crossing marshes and water (for example, with special shoes

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made of boards,
or using a
foldaway floating
seat). The
description is
made all the more
vivid by step-by-
step photographs
of the fighting
techniques,
diagrams
outlining military

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tactics and
beautiful samples
of Japanese
calligraphy.

The Karate Way

Preserving Life

Through The

Study Of The

Martial Way

The Principles of

Heaven, Earth

and Ninja

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Taijutsu

Ninja Skills

Lessons in Budo

From a Ninja

Master

Ten years of
hand-to-hand
combat spurred

Moshe

Feldenkrais to

publish "Jiu-

Jitsu and Self

Defense" - his

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method of self-defense based on a person's automatic movements when attacked.

The Seal Martial Arts Weapons

Waza is a study aid

predominantly for the students of the Seal Martial Arts

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Dojo which teaches Bujinkan

Budo Taijutsu

(Ninjutsu) based

in Rugby,

Warwickshire.It

looks at the

basic aspects of

using a wide

variety of

weaponry such as

the Bo Staff, Jo

Staff, Hanbo,

Katana, Shoto,

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Tanto, Kunai,
Yari, Naginata,
Yumi and
Shuriken. This
book is not
intended to be a
standalone
instruction
manual but a
study aid, It
would be
extremely
difficult to
fully understand

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the techniques
without
professional
instruction.All
training should
be performed
under the
supervision of a
fully qualified
and insured
instructor.If
your looking for
something to aid
you in your

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Manual
weapons training
in Bujinkan Budo

Taijutsu then

buy this book!

We are currently

living in one of

the greatest

times of human

growth,

potential and

change.

"Expansion

Mastery" is

designed to

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offer a way for people to reawaken to the vastness of their potential and to live happy, mindful and balanced lives in this time of great human evolution. The Expansion Mastery System extracts the

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Taijutsu Training
Manual

essence of
ancient,
esoteric
teachings to
eliminate the
mystery, and
from this
knowledge
presents
practical
exercises and
tools for
positive
transformation.

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Taijutsu Training

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These teachings are detailed specifically from their ancient sources, yet presented so that they can be applied to anyone's personal belief system and life situation.

Expanded and collected for

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Taijutsu Training

Manual

the first time
in a single
volume, the six
ninja books by
this legendary
ninjutsu master
offer a
comprehensive
guide to this
misunderstood
martial art.

Beginners will
be introduced to
the building

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Taijutsu Training

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blocks of
ninjutsu: the
basic postures,
the natural
elements that
correspond with
fighting
techniques, the
sorts of weapons
utilized, and
the "scheme of
totality." More
advanced
practitioners

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Taijutsu Training
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will benefit
from

descriptions of
such principles
as enlightened
consciousness,
the go-ton-po
theory of escape
and
invisibility,
and the union of
body and weapon.
Meditation
exercises are

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included to
strengthen the
consciousness
and decrease
reaction time.
Expanding upon
his original
writings, and
interwoven with
the wisdom and
insight garnered
from four
decades of
martial arts

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Taijutsu Training
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training, the author addresses misconceptions associated with ninjutsu and shares the story of his path to becoming an internationally recognized warrior and martial arts educator.

Yoseikan Budo

Page 104/180

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Taijutsu Training
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Training

Journal: A

Martial Arts Log

Book: For

Training Session

Notes: Record

Details,

Techniques,

Progress and

Improvements

An Insider Looks

at the Japanese

Martial Arts and

Surviving in the

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Taijutsu Training

Land of Bushido
and Zen

Discovering the
Spirit of
Practice

Jiu-Jitsu and
Self Defense

The Essence of
Budo

The Practical
Guide to Living
a Fully Engaged
Life

First Published in

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1998

Manual

Ninjutsu: The Secret
Art of the Ninja

covers all aspects of
this remarkable

martial art, including

the hidden details

within the Ninjutsu

forms. It reveals the

secrets of how to

develop power

through body

movement, how to

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effectively remove an opponent's balance, and how to unify the mind, the body and technique. The author's objective is to improve both the reader's mental and physical skills and to promote harmony between mind and body. A wide-

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ranging introduction covers the history of Ninjutsu and mental and physical attitude. The following chapters cover principles, fitness and stretching, postures, break falls, Sanshin No Kata, the Kihon Happo, basic and additional

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Taijutsu Training
Manual

techniques, Sixteen
Secret Fists, training
pointers and advice,
and pressure points.

A step-by-step
approach to
applying the

Japanese warriors
mind set to martial
training and daily
life.

The Principles of
Heaven, Earth and

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Ninja takes an in depth look at the art of Bujinkan Budo Taijutsu also known as Togakure Ryu Ninjutsu which is a martial art founded by Soke Masaaki Hatsumi 34th Grandmaster of Togakure Ryu Ninjutsu. This book, for the most part, is

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the syllabus for students of the Rugby Ninjutsu Dojo based in Rugby, Warwickshire. It looks at the Tenchijin Ryaku No Maki (Principles of Heaven, Earth and Man) and Buki Waza (Weapons Skills) of Bujinkan Budo Taijutsu and

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also offers insight into how to start training in the art and goes into some of the authors experiences training over the years. Jamie Seal currently runs the Rugby Ninjutsu Dojo, Ningu - Blade Addicts and UK Throwers and is an

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Taijutsu Training
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avid martial artist.

Aside from training
in Bujinkan Budo

Taijutsu, he also

holds significant

ranks in other arts

such as Judo,

Jujutsu, Aikido and

Karate. He also

specialises in the

production and

usage of traditional

Japanese weaponry

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and is becoming a fairly well known swordsmith in the United Kingdom. In addition to martial arts Jamie Seal is also a qualified archery instructor and knife thrower. From The Ashes A Practitioner's Guide to Understanding the

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Japanese Martial
Ways

Training Secrets of
the Japanese
Martial Arts

Living the Martial
Way

Shadows Of Evil
Inspiration To

Awaken The Being
And Nothingness:

Martial Arts Training
Okinawan Martial

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Arts Center; Student
Progress Manual

BUDO TAIJUTSU

TRAINING MANUAL

"DECONSTRUCTION

OF KATA" Lulu.com

Budo Taijutsu An

Illustrated

Reference Guide of

Bujinkan Dojo Budo

Taijutsu

Budo is about

learning more than

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how to fight; true
budo is a way of
seeking and
uncovering
meaning in life.

Here, Nicklaus
Suino, one of the
leading iaido
teachers in North
America, gives
expert advice on
how to get the
most from training

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Taijutsu Training
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in traditional Japanese martial arts such as iaido, kendo, aikido, judo, kyudo, and karate-do. He reveals the essential components of budo training, including: • how to determine the principles behind techniques • how

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to develop physical strength, technical strength and strength of character • how to discipline your mind to really focus and be in the present moment

Describes the history and philosophy of the Ninja, looks at their

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traditional weapons
and tactics, and
demonstrates
stances, punches,
and throws

The articles
contained within
Tetsuzan ("Iron
Mountain") are
diverse: interviews
with "The Last
Combat Ninja" Soke
Toshitsugu

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Takamatsu, the symbolic back-story of the TV show Jiraiya, examples of utilizing exotic ninja weapons and techniques, and, perhaps most aptly, the importance of correctly studying the Bujinkan basics. Containing a wealth of illustrated

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information,
enlightening
interviews and
historical insights,
Tetsuzan is as
relevant for
understanding true
Budo today as it
was during the era
of its original
publication. --

Cover.

Hidden Techniques

Page 123/180

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of Ninjutsu

BUDO TAIJUTSU

TRAINING MANUAL

"DECONSTRUCTION
OF KATA"

A Modern Master's

Approach to Self-

Defense and

Avoiding Conflict

Expansion Mastery

Budo Taijutsu Art

In Unarmed

Page 124/180

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Taijutsu Training

Fighting

Manual
Techniques of

the Samurai,

world-renowned

ninja

grandmaster and

bestselling

author Masaaki

Hatsumi explains

the fundamentals

of various

unarmed

techniques

unique to the

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Japanese martial arts. Known as budo taijutsu, these specialized moves allow the practitioner to evade and receive an attack even from an opponent wielding a sword. Hatsumi covers such

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topics as Kihon

Happo (Eight

Basic

Movements),

Kosshijutsu

(Attacks Against

Muscles),

Koppojutsu

(Attacks Against

Bones),

Jutaijutsu

(Flexible Body

Arts), Daken

Taijutsu (Fist

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Manual
Punching and
Striking), Ninpo

Taijutsu (Bodily
Arts of the

Ninja),

discussing and
demonstrating

the many

techniques which
will enable the

fighter to

punch, kick and

finally lock or

control the body

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of his
adversary. As
Hatsumi tells
us, the
techniques have
been secretly
passed down from
the masters to
their students
for more than a
century, and
have become the
foundations for
a range of other

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martial arts including judo, karate and aikido. This book will thus enhance the reader's understanding of the roots of these various disciplines as well as provide fascinating insights into

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the spirit of
the way of the
warrior and the
martial arts.

Includes over
300 step-by-step
photos and rare
drawings.

Karate is not
just a sport or
a hobby—it's a
lifetime study
toward
perfection of

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character. Here, Dave Lowry, one of the best-known writers on the Japanese martial arts, illuminates the complete path of karate including practice, philosophy, and culture. He covers myriad subjects of

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interest to
karate

practitioners of
all ages and
levels,

including: • The
relationship
between students
and teachers •

Cultivating the
correct attitude
during practice

• The
differences

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between karate
in the East and
West • Whether a
karate student
really needs to
study in Japan
to perfect the
art • The
meaning of rank
and the black
belt • Detailed
descriptions of
kicks, punches,
evasions, and

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techniques and
the
philosophical
concepts that
they manifest •
What practice
means and looks
like as one ages
• How the
practice of
karate aims
toward
cultivating
character and

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spiritual
development
After forty
years studying
karate and the
budo arts, Lowry
is an
informative and
reliable guide,
highlighting
aspects of the
karate path that
will surprise,
entertain, and

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enlighten.

"Do not expect
easy answers or
simple solutions
here on these
pages. . . but
then "that is
the fun, the
excitement, the
joy of
involvement in
the warrior arts
of
accomplishment.

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. . . It pleases
me no end to see
the world at
large now
welcoming the
knowledge of
ninjutsu's ages
in the form of
these books by
the art's
grandmaster ."

-- From the

Foreword by

Stephen K. Hayes

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In an uninhibited dialogue from a recent meeting with his top instructors from around the world, Dr. Masaaki Hatsumi discusses his personal journey through the mysteries of the ancient art of

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the phantom warrior. His topics cover the nutritional needs of a ninja, the changing physical attributes of the "new" ninja, details on training for the novice as well as the advanced

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student, and the spiritual aspects of ninja training and how it applies to the modern world. With numerous photos, Dr. Hatsumi demonstrates the extemporaneous techniques that flow from his form of training

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and how some of his top students have developed their own styles of ninjutsu. Dr. Masaaki Hatsumi, the grandmaster of the nine ninjutsu schools that comprise the ninja tradition, is an artist with brush and ink, a

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medical

practitioner of
seikotsu, and a
prolific writer

.

Learn the
techniques of
Japanese martial
arts along with
the cultural
background and
philosophy!

Martial Arts

Training in

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Japan: A Guide
for Westerners
is the first
book of its
kind. Part
travel guide,
part survey of
the many martial
arts styles
practiced in
Japan, and part
introduction to
the basics of
Japanese

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etiquette in and out of the dojo, this martial arts book is an excellent introduction to the ways of the Japanese martial arts and the philosophy that energizes martial arts practice even today. With

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Manual
information
ranging from the
mundane but
crucial—such as
how to go about
testing for rank
in a Japanese
dojo—to a
discussion of
the four
philosophical
worlds of budo,
author David
Jones has

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provided an
essential
reference.

Martial Arts

Training in

Japan includes

contact

information and

advice for

training in

Japan in the

traditions of:

Aikido: The Way

of Harmony

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Iaido: The Way
of Drawing the
Sword Jodo: The
Way of the Staff
Judo: The Gentle
Way Karate: The
Way of the Empty
Hand Kendo: The
Way of the Sword
Kyudo: The Way
of the Bow
Naginatado: The
Way of the
Halberd

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Ninjutsu: The

Art of Stealth

Ninja Fighting

Techniques

The Illustrated

Ninja Handbook

The Secret Art

of the Ninja

Japan's Ultimate

Martial Art

The Bansenshukai

- Japan's

Premier Ninja

Manual

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Taijutsu Training
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Spirit Of Budo
Budo is the spiritual way of the martial arts that all practitioners must follow if they are to be true martial artists. In this book, Masaaki Hatsumi explores the very essence of Budo, and demonstrates an array of

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important

Manual
techniques relating to this essence, explaining how the concept of Budo transcends any one combat technique and is at the core of all the many martial arts developed in Japan. The author also reveals secret techniques and the

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hidden principles of
the martial arts, and
elucidates the words
of his master,

Toshitsugu

Takamatsu, on

Budo and life.

Including many
photos, works of
calligraphy,

illustrations, and

documents on the

martial arts and their

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role in Japanese
culture, The

Essence of Budo

will resonate with

practitioners of all

martial traditions

including judo,

Aikido, karatedo,

kendo, kenjutsu,

jujutsu, and other

fighting sports.

This masterfully

crafted guide to

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ninjitsu or budo explore in depth the history, culture and philosophy of this fascinating and enduring Japanese martial art. Budo is one of the least understood forms of art in the world. Even more than skills or techniques, the teachings of

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budo require faith to learn and courage to understand. One of the fundamental teachings of budo is ninjutsu, the art of perseverance that forms the basis of the Japanese martial arts. The lessons in this book come directly from experiencing the

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living vitality of the world's foremost master of the ninja arts, Masaaki Hatsumi. Through the use of stories, poetry, art, and earned wisdom, the authors move beyond the common image of the martial arts and reveal the nature of the

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unexpected changes in themselves as they struggled to come to terms with what being a martial artist in the ninja tradition meant. The Art of Life and Death is a reflection of the discipline, the aesthetics, and the philosophy that lies

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hidden within the martial way. It is a glimpse at the hidden potential of the martial arts, one where the practitioner can embrace transcendence and transformation in order to face all the fears that litter life and also life's most

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fearsome opponent:

Death.

Learn to master
ninjutsu techniques
and the Budo
warrior ethos with
this informative and
entertaining martial
arts guide. Welcome
to the secret world
of the ninja master!
The Illustrated Ninja
Handbook is your

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ultimate guide to the esoteric knowledge and teachings of the ancient Japanese shinobi. It provides ninjitsu devotees with the first detailed understanding of this shadowy and mysterious martial art form. This handbook contains step-by-step

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instructions that
allow you to master
the 40 most
devastating ninja
fighting techniques.

It was created with
the blessing of
legendary ninjutsu
master Soke

Masaaki Hatsumi,
who taught for many
generations in the
Bujinkan

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School—recognized by many to be the leading ninjutsu school in the world. The Bujinkan Dojo encompasses nine separate ryu-ha or martial arts schools that are based in Japan and headed by Hatsumi.

Bujinkan ninjas use both armed and

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unarmed fighting techniques, with weapons such as swords, bamboo shinai, and staffs. They also learn to defend themselves unarmed against weapons attacks. Author Remigiusz Borda studied and taught Bujinkan ninjutsu for many

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decades, and in this book presents the unique system created by Masaaki Hatsumi—the 34th Grandmaster and head of the Togakure-ryu Ninjutsu lineage. The Illustrated Ninja Handbook is based on hundreds of years of actual ninja

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combat experience
and contains the
traditional
knowledge of the
legendary Shinobi
warrior clan who
were instrumental in
helping found the
Tokugawa
Shogunate.

This is the official
training manual of
the Okinawan

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Martial Arts Center
covering the arts of
Okinawan Gojuryu
Karate-do and
Ryukyu Dento
Ufuchiku Kubujutsu.
Within this manual
you will find history,
biographies,
etiquette,
terminology, Basics,
promotional
requirements for

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Juniors and Seniors,
along with Kobudo
and much more.

This manual will
assist the student as
they take there
journey along the
path of budo.

Martial Arts Training
in Japan

Living and Thinking
as a Warrior

Ninja, the Invisible

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Assassins

Japan The Ultimate

Samurai Guide

Seal Martial Arts

Weapons Waza

The Authentic Ninja

Training Manual

With extensive, step-

by-step photographs

and instructions, this

jiu-jitsu guide is an

effective tool for

mastering this ancient

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martial art. The original Japanese martial art developed by the elite samurai class during Japan's feudal era, Jiu-jitsu is the forerunner of Judo and the precursor of today's ultimate fighting styles, such as mixed martial arts (MMA). For centuries, this method of

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unarmed self-defense proved so successful in combat that it was kept secret and taught only to a select few.

Based on the author's study with instructors at the Tokyo police academy, this book presents all the traditional techniques of Jujitsu, also known as Jiu-jitsu. These

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techniques teach you valuable restraining methods that force your opponent to submit without abuse by using pressure points. It shows you tips for search and seizure, and the almost extinct art of Hojojutsu—how to tie people up without using any knots.

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Japan's Ultimate
Martial Art addresses
and demonstrates the
full range of Kaisho
Goshin Budo Taiho
Jitsu Ryu (Tokyo
police self-defense).
Learn specific
techniques such as:
The use of hands
Throwing
an opponent
The use of
weapons
Designed as a
training manual, this

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fascinating JiuJitsu
book also serves as a
remarkable illustrated
guide to the secret art
of Japanese samurai
self-defense.

Part Samurai history,
part martial arts guide,
this is THE book for
anyone interested in
Japan's fabled Samurai
culture. Author

Alexander Bennett is

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the ultimate insider—holding multiple black belts in Kendo and Naginata, as well as a Ph.D. in Japanese literature and history. In this book he shares his vast personal experience and knowledge with readers seeking to undertake their own personal quest in the

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Japanese martial arts. Bennett outlines the Japanese history of Bushido and the Samurai—from early times up until the present. Then, as only someone steeped in this world can, he surveys the contemporary martial arts scene and provides the essential

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knowledge young
foreigners need to find
a teacher and learn
successfully. Unlike
any other book on this
subject, Japan The
Ultimate Samurai
Guide is written by a
Japanese speaker who
has studied and taught
martial arts in Japan
for many decades.

Chapters include: The

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Real Samurai The
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Development of the
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Martial Arts Masters
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Today Key Martial
Arts Concepts Life in
a Japanese Dojo A
Japan Survival Guide
Written in a down-to-
earth and easy-to-read

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style, this book will
captivate anyone
interested in Japan, as
well as martial arts
teachers and
practitioners around
the world. With both
history and humor,
this vividly illustrated
book has a more
personal touch than
many (for example,
read up on "Fifteen

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Famous Japanese
Cultural

Indiosyncrasies" and
Bennett's favorite
martial arts movies).

As Bennett says, "This
book is supposed to be
genuinely from the
heart. Without the pret
ense...misconceptions
or romantization that
often accompanies
martial arts."

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Teachings of the
Martial Arts Masters
The Secret Teachings
of the Grandmaster
Jujitsu Before 1882
The Classical Japanese
Art of Self-Defense
The Book of Ninja
Budo Mind and Body
Tetsuzan