



Ninjutsu: The Art of the Invisible Warrior

Stephen K. Hayes

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This book offers self-defense enthusiasts a comprehensive guide to the mysterious and ancient art of the ninja, written by the Western world's foremost authority, Stephen Hayes. Profusely illustrated with more than 580 action photographs and diagrams, this book clearly shows the correct body positions and movements for mastering the ninja method. Techniques such as hitting the ground and rebounding safely, shifting and evading strikes and weapon hits, and applying natural body weapons and handheld tools for combat are covered in detail. The book's physical conditioning program includes training exercises for increasing flexibility and building muscle strength, followed by footwork drills, reaction drills, counter techniques, and combat skills. Of equal importance to this ancient art is the spiritual training. Stephen Hayes provides all movement and meditation techniques essential to the ninja combat method. Stephen K. Hayes is the only American ever awarded the title of *shidoshi* ("teacher" in Japanese) and full teaching credentials in the art of *ninjutsu*. He has written eight books and numerous articles for *Black Belt*, *Kick*, *Official Karate*, and *Ninja*. He operates his own dojo ("school") of ninjutsu and spends his time between trips to the Far East, as a teacher, lecturer, and writer. He is the author of *Wisdom from the Ninja Village of the Cold Moon* and *The Mystic Arts of the Ninja* (both Contemporary Books).

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