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| **Intermediate Ninja Book** |
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How to become a ninja in 11 easy steps!

* Women ninja are called *kunoichi* and historically, were trained differently because they had different tools of disguise at their disposal. Aside from the view that they seduced men in order to get close to them, they were more likely to be disguised as a household servant, which allowed them to overhear conversations and get close to the target individual as well. A modern female ninja should use people's perception about women to her advantage--generally, people are less suspicious of women than they are of men.
* [Get Started in Parkour](http://www.wikihow.com/Parkour). Parkour is compatible with being a ninja because it not only allows you to escape and hide easily, but it also builds strength and agility. Parkour will be more useful than free running as it concentrates on effectiveness and speed more than showing off and is used for personal development.
* Look into Bujinkan Budo Taijutsu. It is the real ninja martial art.
* Know how to use self-defense the right way if not used properly it can be a very dangerous thing.
* Do not use weapons if you do not need them.
* Ninjutsu is a lifelong pursuit, and shall take a lifetime to master. There is always room for improvement. Don't expect to become a true ninja in a week. Shinobi usually start at the time of childhood until they are about 20-25 and they keep on going to become better. It's like in school, we start at childhood and finish high school and you have an option to go on *further*.
* Never use your ninja skills for senseless violence!
* Remember that the type of ninja you see in movies and on TV are usually virtually impossible to become. The ninjas of the media and of reality are very different.
* If one's motivations to be a ninja involve any of the following: to provoke and engage in open physical confrontations, for notoriety, or solely for revenge and inflict harm(self absorbed reasons) then **thou shall never be ninja...** just an angry individual in dark clothing covering its face. There is a big and clear distinction.
* During training there is nothing better than trial by fire or a river, however, if one tries to evade, confront, and/or combat local law enforcement or engage in any other criminal activity to test Ninjutsu skills: **one must be truly ready to accept the consequences one's actions will bring.** (You **might** be a *Ninja* but cops **are like** *Batman*)
* Most ninja weapons are defined as illegal. Be ready to discard or hide them quickly. Never carry anything you aren't prepared to leave behind for the success of the mission, or when caught to avoid trouble. Dressing all in black with one's face covered will raise alarm if spotted.
* Never use your ninja skills to harm animals, or to break into people’s houses.
* Use your skills, but don't forget your natural talents as well. When able to use peace as a cunning weapon against the task ahead, it is most wise over violence.
* Ninjas don't wear bright colors; (i.e. orange/red) so it is more advised that you wear darker colors so that you will blend in the dark or a white suit in snowy conditions.

**Decide upon a series of** [**ideas, morals and philosophies**](http://www.wikihow.com/Determine-Moral-Principles-Without-Religion) **and food that you truly can live by. Read some of the history on Wikipedia, you should also read Massaaki Hatsumis' book: Secrets from the ninja grandmaster it will tell you not to get fooled by all the phony "ninja masters" out there today. Contrary to popular belief, ninja weren't always cold-blooded killers that did things that samurai refused to do. In most cases rogue/masterless samurai (Ronin) were the ones that caused most of the crimes in feudal Japan. Ninja came from all walks of life. Most ninja used their skills mainly to keep themselves alive to come home to see their families every night. Some ninja families however came under the service of a lord, or kept themselves isolated within their own clan. Decide on what you want to do first.**

[**http://en.wikipedia.org/wiki/Ninja**](http://en.wikipedia.org/wiki/Ninja)

[**http://en.wikipedia.org/wiki/Ninjutsu**](http://en.wikipedia.org/wiki/Ninjutsu)

**ACTIVITY- Do a research paper.** Research an important ninja and include at least 3 important facts that express your knowledge of them.

1

**Never publicize that you are a ninja. A ninja must be able to function as a** [**spy**](http://www.wikihow.com/Be-a-Spy)**, which means that you cannot reveal your status as an aspiring ninja, or else no one will trust you. Do not dress like the stereotypical ninja (unless on a mission at night). The black outfits that most people associate with ninja are a construct of Kabuki theater (although this has not been proven), in which ninja characters were disguised as prop handlers (who always wore black to minimize their presence while moving props on stage).**[**[2]**](http://www.wikihow.com/Be-a-Ninja#_note-1) **When you do wear ninja clothes, the idea is to never let anyone see you in them.**

**ACTIVITY- Imagine you were in each of these situations.** Explain what you would do.

* 1. You were wearing a black ninja outfit and stretching when someone walks in and asks what you are doing.
  2. You are spying on your enemy for a mission when someone catches you.

2

**Learn how to move stealthily. Tabi boots a great for this try and roll your feet from toe to heel. Become adept at social and physical invisibility and silence.** [**Walk silently.**](http://www.wikihow.com/Walk-Silently) **Learn the appropriate clothes for the appropriate times. Do not stand out or draw attention to yourself in any way. Sometimes that may mean being** [**sociable**](http://www.wikihow.com/Become-Sociable) **and** [**friendly**](http://www.wikihow.com/Be-Friendly) **because in the modern world, a person who sits quietly in the corner arouses suspicion and is carefully watched.**

3

**Get and maintain a ninja body. This does not necessarily mean becoming lean and muscular; it means building** [**endurance**](http://www.wikihow.com/Have-More-Endurance)**,** [**agility**](http://www.wikihow.com/Improve-Agility-for-Running-Backs)**,** [**strength**](http://www.wikihow.com/Perform-Strength-Training-for-Gymnastics) **and flexibility. Go for long distance runs, swimming, pressups, sit-ups, but most importantly STRETCH! Your body is a tool--as long as it can perform the functions of a ninja, it is a valuable tool. In fact, becoming *too* fit may be counterproductive, especially if you stand out as being the only slim or muscular person in the room.**

4

**Know how to escape. No matter where you are, know how to get out of the situation as quickly and as anonymously (unseen) as possible. This is a critical skill for a ninja, especially when performing missions. Historically,** [**smoke bombs**](http://www.wikihow.com/Make-Smoke-Bombs) **and firecrackers were used to create diversions, but you will have to devise more subtle techniques, like starting a fight or switching of the lights. When you enter a room, always be aware of every potential (possible) exit, and have several plans in place for how you can create a diversion if necessary. As you escape, strive to leave no evidence behind, like clothes, weapons or fingerprints (wear gloves?). One way that ninja accomplished this in the past was with *ashiaro* or wooden pads worn on their bottom of their footwear and carved to look like an animal's paw or a child's foot so that the ninja's footprints would not be noticed, this was also used in WWII.**

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1. **Know the ninja needs:**
   * **Seishin-teki kyōyō** (spiritual refinement)
   * **Taijutsu** (unarmed combat, using one's body as the only weapon)
   * **Kenjutsu** (sword fighting)
   * **Bōjutsu** (stick and staff fighting)
   * **Shurikenjutsu** (throwing blades)
   * **Sōjutsu** (spear fighting)
   * **Naginatajutsu** (naginata fighting)
   * **Sui-ren** (water training)
   * **Bōryaku** (tactic)
   * **Chōhō** (espionage)
   * **Kyushojutsu** (vital point striking)
   * **Intonjutsu** (escaping and concealment)
   * **Tenmon** (meteorology)
   * **Kusarigamajutsu** (chain and sickle weapon)
   * **Kayakujutsu** (pyrotechnics and explosives)
   * **Hensōjutsu** (disguise & impersonation)
   * **Chi-mon** (geography)
   * **Shinobi-iri** (stealth and entering methods)
   * **Bajutsu** (horsemanship)

ACTIVITY- Choose a ninja need and research it. Video tape a presentation of you reading off your research and presenting one move you learned and send it to your professor.

6

**Learn to control people and manipulate events not by force, but by words and actions. As a modern ninja, you should be able to obtain a goal without having to resort to any manner of violence. Use people's desires, needs and wants against them. Humans need security, wealth, pride, strength and to have their wants and needs satisfied. This is a key ability in most if not all events.**

7

**Feed your mind. Ninja were often very knowledgeable. With knowledge comes power and this can help you** [**become more resourceful**](http://www.wikihow.com/Be-Resourceful) **and also help you blend in more easily.**

8

**Master self control a true Ninja is a master of his/her environment, which consequently requires one to be in control of one's self. To master one's self, learn to: Cut emotions out of the decision making, engage in rational and logical thinking no matter what the situation is, make tactical decisions that may upset one's ego, finding the flow of situations/problems and one's place within them, make decisions for one's own situations as if giving someone else advice... Applying this to everyday life is a must, as it stand in the way of the mastery of one's self. If one cannot master self, one cannot master others, and their surroundings. Example: Engaging in physical combat due to provocation knowing one can defeat the threat may not be the best of interests for the** **big picture. Walking away while ridicule may hurt one's ego, but will keep one in the clear of the public's eye from things to come. Big picture. Walking away while ridicule may hurt one's ego, but will keep one in the clear of the public's eye from things to come.**

9

**Silence is Golden One's decision to live by Ninjutsu discipline is not and should not be public knowledge. One's first responsibility is to learn and practice Ninjutsu in secrecy, and privately. After all, one cannot be a master spy if one cannot keep something as simple as one's hidden identity a secret from those that surround us (Even if One lives with them.) Do not lead others as to what you may or may not know, or what you may be up to.**

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**Practice Meditation not traditional Meditation, but Meditation based on complete awareness of your actions, the popular wii game "ninja reflex" has a very good meditation sequence. Train your mind to be completely aware of your actions when the need arises, for prolonged periods of time. Learn to let nothing distract you. A Ninja must be calm and focused, because if something is allowed to become a distraction, it could likely cause them to be captured, injured or even killed.**

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