



ICHIGUN ICHIMI
ONE DISTRICT - ONE BAND

HOW TO TRAIN IN NINJUTSU

BY

ANTONY CUMMINS

WWW.NATORI.CO.UK

If you are interested in training in historical ninjutsu there are a specific set of issues you have to resolve and a direction you must take your training. Remember *shinobi* means to endure and according to *Natori Masatake* there is nothing more horrifying than the path of the ninja.

The first decision you will have to make is what road do you wish to take your ninjutsu down? Once you have established this reason in your mind, there are three avenues you can go down:

1. I wish to learn ninjutsu in its historical context and I wish to recreate ninjutsu as it would have been practiced in medieval Japan and to understand ninjutsu from a historical perspective.
2. I wish to use the ancient principles of the ninja and fit them into a modern context, leaving behind all that does not fit into today's world.
3. I wish to study ninjutsu in its historical context and understand ninjutsu from a history perspective, yet at the same time, utilise these skills in a modern way.

Once you have established which number your goals fall into then your direction will be clearer. If you have chosen to recreate ninjutsu in a historical setting then you will have to aim your research towards Japan at that time period and the skills of the ninja as they are presented in historical documents and manuals. If you have chosen the

latter two then you have to aim at adapting the skills of the ninja to your own time and place. Remember, ninjutsu is a set of principles and skills, the principles remain the same yet the skills have to adapt to the context ninjutsu is being used in.

SKILLS YOU SHOULD LEARN

The following list is a set of basic areas you should cover to acquire the basic skills of ninjutsu, while each seems separate, when assimilated into one individual person, the essence of ninjutsu can be seen. Remember, ninjutsu has no end, *Natori* says that *ninjutsu is running into the void*, it is shapeless and adapts, you must “grow” ninjutsu within yourself by tempering your heart.

Use the following list as a guideline to your training and explore the endless areas of each one, creating ninjutsu within yourself as you go along. Always remember to separate what is historical ninjutsu from your own adaptation and the context you use it in.

Heaven

- Meteorology.
- An understanding of the night sky and the constellations.
- Navigation by the stars and sun.
- Understanding the phases of the moon.
- Buddhism and world religions and how they affect people’s lives.

Earth

- The use of fire construction and fire transport.
- Wild camping and wilderness survival without a portable shelter.
- Lock picking and breaking & entering skills.
- Trap setting.
- Enemy camp Infiltration skills.
- Underwater and swimming skills.

Man

- Have a profound understanding of espionage, the study of spying should be your fundamental goal.
- The psychology of the mind.
- The psychology of lying.
- Linguistics, regional dialects and eloquent speech
- The Japanese language.
- Guerrilla warfare.
- All forms of climbing skills.
- Become proficient in rope work, knotting and single rope skills.
- Memory games.
- Attend an acting school or club to help with *Yo-nin*.
- Knowledge of cryptology.

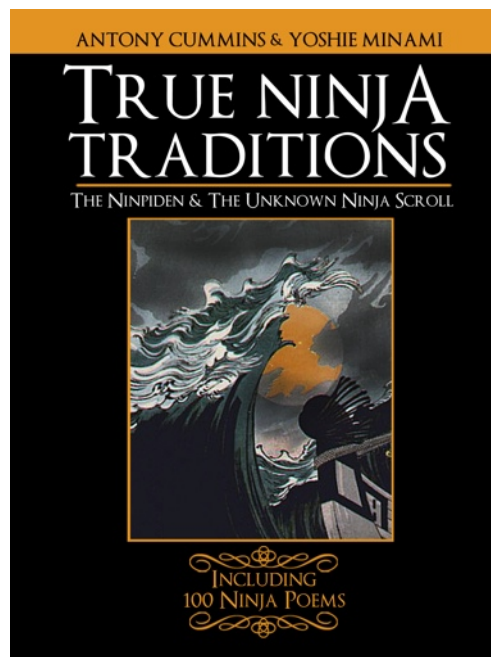
- The art of eavesdropping and “listening in”.
- Stealth and camouflage.
- Signalling and hidden signs.
- Scouting as a single person or as a party.
- Tracking.
- Weapon construction.
- Firearms.
- First Aid.
- Logic.
- Martial arts training.
- Core strength training.

Books

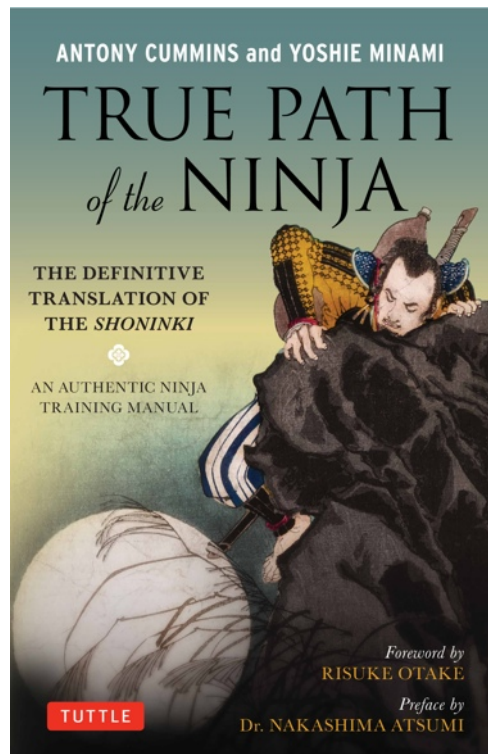
It is advised to acquire a library dedicated to the above areas of study. However, always try to find the leading expert in each field and obtain the most correct information that you can, the above is only a basic list.

Books on Historical Ninjutsu.

The Historical Ninjutsu Team have translated five major ninjutsu sources which can be used as core training manuals for people interested in *true ninjutsu*.



This book includes:
 The Ninpiden by Hattori Hanzo
 The 100 Yoshimori Ninja Poems
 The 3 Ninja Scrolls of the Ogasawara Tactics School.



This Book Includes:
The Shoninki by Natori Masatake
The Oral Ninjutsu Tradition of the *Tenshin Katori Shinto Ryu*

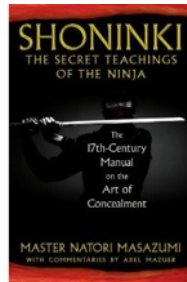
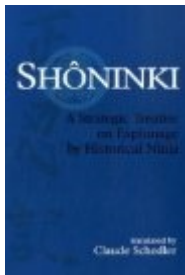
Reference manuals in original Japanese for those who study *Historical Ninjutsu*.



Other Books

The *Historical Ninjutsu Research Team* does not verify the validity of the historical content of these books and we would like to highlight that as a reader you need to understand that there may be errors in the text, that we here at the team do not

support. However the team members feel that the following works are a good step towards historical ninjutsu. The team also would like to point out that there are some translation errors within the manuals below and that it is up to the reader to decide on the quality of the translation. However, in the spirit of *One District & One Band* the team acknowledges that these books are a move towards historical ninjutsu.



Warning: Ninjutsu is a form of espionage and warfare and can cross the boundaries of modern laws. The *Historical Ninjutsu Research Team* does not condone illegal action and all skills and information that you acquire under this guidance are for personal development. That being said, there are no laws against personal development and the acquisition of knowledge.

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