



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; The Force of the Killer; The Great Harmony

The Ninja and Their Secret Fighting Art Details

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Author : Stephen K. Hayes

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From Reader Review The Ninja and Their Secret Fighting Art for online ebook

Mike says

Hayes has long been one of America's foremost authorities, or at least foremost writers, on ninjutsu and ninjas. My feelings on the man and his writing are mixed: on the one hand, he's written a great deal and he's spent a lot of time in Japan studying under some of the greatest living ninjutsu masters. He ought to know whereof he speaks, certainly. On the other hand, he rose to fame during the ninja frenzy of the 1980s and a lot of his writing has a New Age style of overwrought prose and absurd sense of anticipation that will make you wince.

You will gain some useful insight into ninjutsu from this book, certainly, and I admire Hayes as a man who has studied ninjutsu at great length and become a leading figure in contemporary martial arts. The problem is, in order to make a living off the martial arts beyond running your own dojo and writing here and there, you have to consult on films, maybe act in them, open multiple schools . . . all things that Hayes has done. Part of me would just feel more comfortable with a man who went to Japan, became very learned in the art, then returned to the States and ran one dojo and otherwise we'd not heard a peep from since. We learn at the onset of this book, by the way, Sensei Hayes majored in theatre in college . . . perhaps an astute measure given the famed-filled life he would wind up leading.

If you're seriously interested in ninjutsu, do read this book and Hayes' other works, but I think like myself you'll find them lacking in detail in many places. I am still searching for a really comprehensive book on the history of actual ninjutsu that also gets far into the tactical details of the art.

Keith Miller says

Ninja and Their Secret Fighting Art by Stephen K. Hayes (1990)

P.J. Ferguson says

Stephen K. Hayes is an amazing Man and Martial Artist! His books are very deep but always written in plain English and more importantly written for Westerners! Stephen K. Hayes has always stated that his Books were never meant to teach the art but for away of Westerners to gain insight into the Art and as a platform for Westerners to seek proper instruction.

This book is a great way to get information and gain an basic understanding of the Art and its History and there are some great life lessons in here too.

Bridget says

Found this for sale at Tattered Cover for \$5. It was so worth it. There are photos throughout, and it was a surprisingly engaging read for a book I bought just because of its title and cover (which is not the same cover

that Goodreads is showing, sadly). My only issue is that it's not a very detail specific book as far as history goes. There are moments when the author mentions a battle, but instead of describing it in any detail, he just kind of says: and then they won! I wanted a bit more historical detail in my ninja book.

Steve says

Very informative and somewhat spiritual. A deep analysis in the ways, why, hows, of the Japanese breed of legends.

Averill says

Good little book, reminds me of my childhood when i really believed i was a ninja. The last chapter on the spirit of the ninja is my favorite.

Outmind says

3.75/5

An American martial artist describes being outclassed by some of the last remaining masters of ninjutsu. Throw in a pro forma history lesson and the beginnings of actual ninja teachings, and you have this book.

Simon B says

A great starting point to learn about the ninja. As far as I know this is THE source book which introduced ninja as they are, were and continue to be to America (?the west?).

Marina Andreou says

very brilliant book!! finished it in one day! couldn't stop reading! if you're a fan of the ninja tradition and ninjutsu you will definately love this book!!

Hamza says

i am going to be best fight in the world

Amy Holiday says

Picked this one up purely for research purposes. The opening story was neat, but after the first history chapters, the early chapters on fighting were not what I was really looking for. I know, I know, it says "fighting art" in the title, but a lot of time passed between the time I found it and the time I started reading it, and my interests and purpose had changed. Oops.

I had given up and came back to write a review, but some of the other reviews mentioned the last chapter being interesting, the "spirit of the ninja," and that was more on what I was looking for, so I skipped to chapter 6 and read on. Helpful info on the infiltration and spy techniques--that, along with the spirituality, was really what I was looking for for my middle grade novel. Perfect. Ended up being exactly what I was looking for.

I'll add this seems to be more of a general overview on ninja fighting and spirituality, rather than a handbook. But the secrets are probably left with the ninja anyway. I liked the history lessons though!

Kajeth says

I liked this book it talked about all the different manifestations. and also the different espionage techniques and the seven disguises

Chad says

Very informative. Began my lifelong quest in the martial arts.
