

Passaic Bujinkan Buyu
Shinra Bansho



Shinobi Notebook #3

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Ninja Training

The Togakure Ryu Ninpo, established approximately eight hundred years ago, is now in its 34th generation. The Ryu (style) exists today under the Bujinkan Association dedicated to teaching effective methods of self protection and promoting the self development and awareness of its members. Due to the stabilized nature of contemporary Japanese government and judicial systems, the Togakure ninja ryu no longer involves itself directly in combat or espionage work. Previous to the unification of Japan during the 16th century; however, it was necessary for Togakure ninja to operate out of south central Iga Province. At the height of the historical ninja period, the clan's ninja operatives were trained in eighteen fundamental areas of expertise, beginning with this "physic purity" and progressing through a vast range of physical and mental skills. The eighteen levels of training were as follows:

1. **Seishin Teki Kyoyo:** *Spiritual Refinement.*
2. **Taijutsu:** *Unarmed combat.* Skills of daken-taijutsu or striking, kicking and blocking; jutaijutsu or grappling, choking and escaping the holds of others, and taihenjutsu or silent movement, rolling, leaping and tumbling assisted the Togakure ninja in life threatening, defensive situations.
3. **Ninja Ken:** *Ninja Sword.* Two distinct sword skills were required, "Fast draw" techniques centered around drawing the sword and cutting as a simultaneous defensive or attacking action. "Fencing" skills used the drawn sword in technique clashes with armed attackers.
4. **Bo-Jutsu:** *Stick and staff fighting.*
5. **Shuriken-Jutsu:** *Throwing blades.* Throwing blades were carried in concealed pockets and used as harassing weapons. The Togakure Ryu used a special four-pointed throwing star called as *Senban Shuriken.*
6. **Yari-Jutsu:** *Spear fighting.*
7. **Naginata-Jutsu:** *Halberd fighting.*
8. **Kusari-Gama:** *Chain and sickle weapon.*
9. **Kayaku-Jutsu:** *Fire and explosives.*
10. **Henso-Jutsu:** *Disguise and impersonation.* Essential to the ninja's espionage work was his ability to assume false identities and move undetected through his area of operation. More than merely putting on a costume, ninjutsu's disguise system involved thoroughly impersonating the character adopted. He or she literally became the new personality.
11. **Shinobi-Iri:** *Stealth and entering methods.* The ninja's techniques of silent movement, breaking and entering, and gaining access to inaccessible areas became legends in feudal Japan. Togakure ryu ninja learned special walking and running methods for covering long distances, passing over floors silently and for staying in the shadows while moving, in order to facilitate entry and escape.
12. **Ba-Jutsu:** *Horsemanship.* Togakure ryu ninja were taught to be proficient on horseback, both in riding and mounted combat skills.
13. **Sui-Ren:** *Water Training.*
14. **Bo-Ryaku:** *Strategy.*
15. **Cho-Ho:** *Espionage.*
16. **Inton-Jutsu:** *Escape and concealment.* Ninja were experienced masters in the ways of using nature to cover their exit, allowing them to "disappear" at will. The **Goton-po** five elements of escape were based on a working familiarity with the creative use of earth, water, fire, metal and wood aspects of nature and the environment.
17. **Ten-Mon:** *Meteorology.*
18. **Chimon:** *Geography.*

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Though not listed as a separate item in the eighteen qualities above, a crucial part of the Togakure ryu ninja's training was the application of the Kyojitsu Tenkan Ho philosophy. In the world of combat survival, the superior fighter makes use of all advantages at hand, including the influences of the mind. As a means of increasing the difficulty for an enemy, ninja of old developed the strategy of Kyojitsu Tenkan Ho, or the interchange of the concepts of falsehood in ways that permit the antagonist to be deceived, kyojutsu tenkan forms the basic approach for all Ninjutsu activities and thinking.

Goton-po

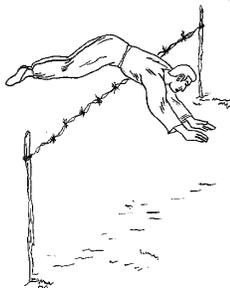
The ninja art of concealing oneself using the five elements of earth, fire, water, wood, and metal. It is often portrayed as a magical art in fantasy depictions of ninja, allowing the user to perform feats such as hurling balls of fire or dissolving into mist.

- Doton no jutsu: Literally "Earth Evasion". Includes such concepts as raising clouds of dirt, burying oneself a few centimetres below the earth, using sand or dirt to blind the enemy (metsubushi), and related techniques.
- Mokuton no jutsu: Literally "Wood Evasion". Usually refers to the use of trees, climbing trees, running up trees, or various rope techniques (Shoten-no-jutsu) used with trees.
- Suiton no jutsu: Literally "Water Evasion". This could be concealment in a river or lake, or using water for metsubushi.
- Katon no jutsu: Literally "Fire Evasion". Smokescreens, explosives, pepper bombs, and tactical fires fall into this category. Using explosives to blind opponents (for instance, the pepper bomb) is known as Nagedama.
- Kinton no jutsu: Literally "Metal Evasion". Shurikenjutsu (the art of blade-throwing) is often an important part of this. Shuriken, as well as other metal weapons, could be used to reflect sunlight into an opponent's eyes, or act as a distraction.

Ninja's Physical Skills

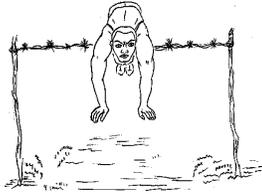
The training on physical skills were conducted during the first years of age of the potential ninja agent (5 years old) keeping the instruction during the rest of the live . Five exercises were part of his kind of training:

- Balance: The student were obligated to walk over a thin stick who were prepared previously, removing its branches and leaves; it was located between 60-90 cm horizontal to the floor. The potential ninja agent had to walk, jump, turn, seat down and stand up keeping the balance over the stick. According with his/her age, the stick distance to the floor changed in order to eliminate any fear of heights.



- Agility: The training of this skill was developed obligating the potential agent to jump over a rope tied to two supports. The rope used to have spikes that caused lacerations if the student touched it by accident.

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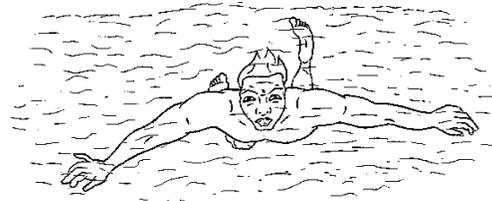
As the student advance, the rope stayed higher and even it was use to be located at night, looking forward that the student while walking faced with the rope and use the skill trained during the day.

- **Strength:** The body strengthening of the young ninja started with different exercises that had to be performed, they were modified thru the time, and some of them were climb walls using ropes as well as to be suspended from a branch's tree, starting with a minimum height. While the young student advance the branch was higher positioned (between 9-15 meters). This kind of exercise developed the strength on fingers, wrists, arms and shoulders and added mental strength because the minimal time expected for the young ninja to stay there was 1 hour.



- **Resistance:** Probably one of the most important exercises to develop the resistance on the potential ninja agent was to run short and long distances in a very particular way; they had to run with short steps in the tiptoes and slightly bent, keeping in its chest a light straw hat that had to remain attached by the wind during the run. It is said that they were capable of reaching speeds of 80 Kms., per hour during their adolescence and 160 Kms., during their operations.

- **Other Additional Skills:** The dislocation of joints was a very important ability on the ninja practitioner, but it is something practiced since their early age. The general idea is to be like a cat that doesn't care how little is a hole to catch its prey. Other important aspect was the swimming skills, with the rigors of this training, the ninja were able to swim long distances, hold their breath for more or less 3 minutes, transport documents and/or very heavy things towing it with special floats designed by them.



Ninja's Custome

When people talk of Ninja costume, they are normally referring to cloth dyed with sappanwood. That is because this color blends with the darkness. Shinobi would wear clothes with protective coloration, in other words, Shinobi colors that matched the environment- for Suiton, a watery blue; for Doton, earthy ochers; and for Setton, snow white. They would also employ different colors for the outside and inside of their clothes, and incorporate various tricks within the costume.

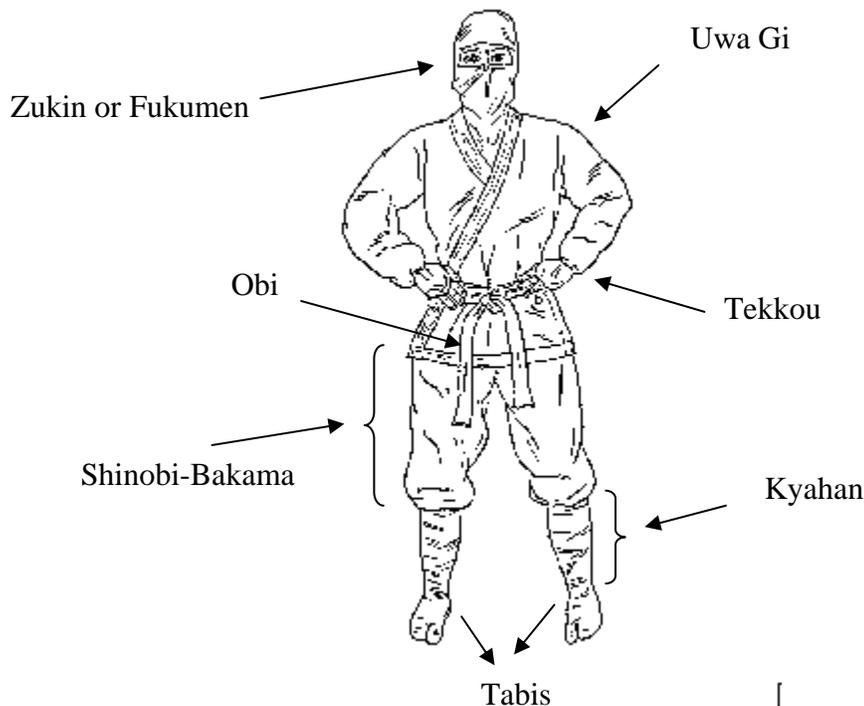
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A Ninja's costume is known as **Ninniku Yoroi** – Ninniku Armor. Ninniku literally means “forbearance”, and also refers to a Buddhist monk's robes. The spirit of the Ninja is thus based on the principle of bearing insults and swallowing the desire for revenge. In other words, the fundamental rule of the Ninja when faced with an enemy's attack is to evade it naturally and disappear, using Ninpo Taijutsu (concealment skills sometimes referred to as “Tongyo no Jutsu”). Only when no other options is left open would a Ninja make use of natural principles and methods to fell his opponent.



Another costume use for a Ninja was the **Shinobi Shouzoku** composed by a simple jacket, pants, globes, mask and shoes.



- Shinobi Mask: Called **Zukin** or **Fukumen**, a **Sanjaku-tenugui** (#2 three food cloths) may also be used by a Ninja.
- Gi Top: Called **Uwa Gi** also had inside pockets to carry metsubishis, shurikens or something else.
- Belt: Called **Obi**.
- Gloves or hand protectors: Called **Tekkou**.
- Pants: A very comfortable wider pants called **Shinobi Bakama**, an old style pants similar to the modern Hakama.
- Leggings: Called **Kyahan**, were used to keep their pants tied avoiding any accidental noise.

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- Shoes: Called Tabi, are traditional Japanese shoes. Waraji (盤躰) were also used by the Shinobi during their missions, they are sandals made from straw rope that in the past were the standard footwear of the common people in Japan. Now they are mostly worn by traditional Buddhist monks.

Important Vocabulary

Country (in English) +	language =	language name
 フランス (France) Furansu	フランス go	フランスご French Furansugo
 ドイツ (Germany) Doitsu	ドイツ go	ドイツご German Doitsugo
 イタリア (Italy) Itaria	イタリア go	イタリアご Italian Itariago
 ちゅうごく (China) Chuugoku	ちゅうごく go	ちゅうごくご Chinese Chuugokugo
 えいこく (U.K.) Eikoku	えいこく go	えいご English Eigo (irregular)
 なに what nani	なに go	なにご what language? nanigo

Here are some sentences using these new words.

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Nanigo ga
wakarimasu ka.



にほんごがわかります。

[Nihongo ga wakarimasu.](#) [I] understand Japanese.

なにがわかりますか。

[Nanigo ga wakarimasu ka.](#) What language do [you] understand?

にほんごがわかりますか。

[Nihongo ga wakarimasu ka.](#) Do [you] understand Japanese?

はい、わかります。

[Hai, wakarimasu.](#) Yes, [I] understand [Japanese].

はい、ちょっとわかります。

[Hai, chotto wakarimasu.](#) Yes, [I] understand a bit.

いえ、わかりません。

[Iie, wakarimasen.](#) No, [I] do not understand.

Iie, wakarimasen.



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