



Ninjutsu: The Secret Art of the Ninja

Simon Yeo

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Ninjutsu: The Secret Art of the Ninja covers all aspects of this remarkable martial art, including the hidden details within the Ninjutsu forms. It reveals the secrets of how to develop power through body movement, how to effectively remove an opponent's balance, and how to unify the mind, the body and technique. The author's objective is to improve both the reader's mental and physical skills and to promote harmony between mind and body. A wide-ranging introduction covers the history of Ninjutsu and mental and physical attitude. The following chapters cover principles, fitness and stretching, postures, break falls, Sanshin No Kata, the Kihon Hoppo, basic and additional techniques, Sixteen Secret Fists, training pointers and advice, and pressure points.

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