



# MOORE EAGLE TKD



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**SEPTEMBER  
TUITION  
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Part 3 By Andrew Adams from blackbeltmag.com

# NINJA HISTORY 101

It's a testimonial to the ninja that Japan's 1964 Olympic team seriously considered using a number of ninjutsu training methods. Yoshiaki Hatsumi, one of Japan's few remaining ninja practitioners, describes the ninja of old as the perfect all-around athletes of their day—expert in running, jumping, swimming, climbing walls, long-distance hiking, throwing, etc.

Of course, the ninja excelled in all the martial arts of their day, such as kendo, kyudo and naginata-do. They were also skilled in hand-to-hand combat, using wrestling and boxing techniques that were the forerunners of judo and karate.

If a child were born into a ninja family, his ninjutsu training would begin during childhood. The art was handed down from father to son as a trade, and a number of great ninja clans arose. The secrets of those clans were closely guarded. The members of one clan would often be in hire of one lord and thus pitted against warriors in the employ of another lord. At such times, it always paid off to have a few secrets in one's bag of tricks that were not generally known to others.

The ninja underwent rigid training to learn ninjutsu techniques at secret camps, usually set up in the mountains. The schools were scattered throughout central Japan, with most situated in Iga and Koga provinces. Daily ninjutsu training focused on becoming adept in the use of the sword, bow and arrow, spear and tonki. Close attention was also paid to wall-climbing, river-crossing and the use of special devices. They also learned how to become expert horsemen.

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**CLASSES**

Clear Lake Christian Academy  
14325 Crescent Landing Drive, Houston  
T/TH 6:00– 7:00 pm

Vicki Michelle Dance Studio  
17315 Stuebner Airline, Spring 77379  
Mon. 6:30– 7:30 pm (Ages 7+)  
7:30– 8:30 pm (Adults only)  
Wed. 5– 6 pm (Ages 7+)  
Sat. 10–noon (all ages)

**INFORMATION**

For more information, visit our website at  
[www.moore-eagletkd.com](http://www.moore-eagletkd.com)

## Kingsland Tournament Results

	Patterns	Sparring	Breaking
Miss Jenna Horn	3rd	2nd	-
Ms. Ann Hernandez	3rd	-	-
Mr. Sam Kaucher	3rd	1st	1st
Mr. Evan Hernandez	3rd	1st	1st
Mr. Chase Hernandez	-	1st	2nd
Mr. Sultan Jaohari	2nd	3rd	1st
Mr. Cordel Kaucher	-	-	-



# Ninja History 101 . . . . Part 3

## Physical Ninjutsu Training

The late Seiko Fujita, who claimed to be the 14th master of the Koga school of ninjutsu, said ninja could walk the 350 miles between Edo (now Tokyo) and Osaka in three days. To improve his walking speed and skill, a ninja practiced by leaning his body forward or to one side so so he was forced to walk rapidly to maintain balance.

Ninjutsu training also included walking with geta (wooden sandals) on ice to achieve perfect waist balance and silent treading. A ninja's sandals were specially cushioned with cotton cloth so he could walk and jump noiselessly. When walking around the side of a structure, a ninja pressed his back to the wall and stepped sideways to prevent detection.

The ninja were also great second-story men. They were extremely adept at breaking into enemy castles and spent long hours practicing wall climbing. They also stressed leaping to be able to jump across rooftops and to avoid their enemies by hopping across chasms, over walls and fences, etc. Fujita claimed that ninja became such experts at leaping that many of them could jump over seven feet into the air—which would make them champion high jumpers even today.

## Mental Ninjutsu Training

Ninja put just as much stress on the spiritual and mental aspects of ninjutsu training as they did on purely physical action. They had to have their wits about them at all times and work out complicated problems on the spot. They learned to sharpen their perception and insight, developing their instincts to a point that seemed almost superhuman.

Heishichiro Okuse—perhaps the foremost authority on ninjutsu and the author of four books—wrote his last work on the subject: *Hidden Ninjutsu: The Secret Thoughts and Strategies of the Ninja*. According to him, they regarded nothing as impossible and scientifically applied brain power to every problem they encountered. He regards the nonphysical aspects of ninjutsu as the key to a successful career.

One of the most interesting aspects of ninjutsu is kuji-kiri, or magical signs made with the fingers to assist them in self-control during moments of danger. Kuji, or the number nine, is said to be the most important number in Kikkyo (esoteric Buddhism) and Shugendo (mountain asceticism). In practicing kuji-kiri, there were 81 different ways the ninja could knit his fingers together. At the same time, he chanted Buddhist sutras, or maxims from the scriptures.

The practice not only restored confidence and gave the ninja inner strength in moments of danger and desperation, but it was also supposed to hypnotize the enemy into inaction or temporary paralysis. It was something like the evil eye or the casting of a hex.



## Verse of the Week - Don't Be Afraid of Change

**Surely goodness and mercy shall follow me all the days of my life. Psalm 23:6**

You'll miss what God is planning for you next if you cling to the past and yearn for yesterday. If you've lost a loved one you know how this feels. Death wrenches from us those we'd cling to forever. But we can't, for death is a part of life; we make peace with it only when we realize it's the door which enables us to move from a lesser to a greater realm. That's why Paul wrote, "I desire to depart and be with Christ, which is better by far" Philippians 1:23 NIV.

Don't try to live your life a second time through your children. Keep your mind fresh by having expectations that go beyond the goals you have for them. Don't try to cling to a relationship that has changed because you "need to be needed." When Samuel was born his mother said, "I will give him unto the Lord all the days of his life" (1 Samuel 1:11). It's easier to give them back when you realize they were not yours to keep. Be grateful for the gift of children or the satisfaction of a job well done; then ask, "What's next?"

If you recognize areas where you've been guilty of resisting change, allow God to heal you from fear. Something good is going to come out of it. God doesn't change - but His methods of caring for you will constantly change. He may not bring you the same way twice, but - goodness and mercy will follow you all the days of your life - what more could you ask for?

