

Name \_\_\_\_\_

# Ninja 101

## Ninjutsu

- + Japan's 1964 Olympic team seriously considered using a number of ninjutsu training methods
- + The Ninja of old was the perfect all-around athlete
  - o Experts in running, jumping, swimming, climbing walls, long-distance hiking, throwing, etc.
  - o Excelled in all the martial arts of their day, such as kendo, kyudo and naginata-do
  - o Skilled in hand-to-hand combat (wrestling and boxing techniques) based on judo and karate
- + Ninjutsu training started when children born into ninja families were very young
- + The art was handed down from father to son as a trade and so many ninja clans arose
- + 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.

## Ninja Gear

- + Poisons
  - o Mineral, plant and animal sources provided the materials for the poisons
  - o Potent enough to kill, but could be made for the purpose of putting the enemy to sleep or in paralysis
- + Special Devices
  - o Grappling hooks and ropes for scaling walls
  - o Water-crossing devices – floating pots made of tightly woven reed, air-filled skins or other attachments on their feet
- + The Black Costume
  - o The trademark of a ninja
  - o Black jacket – many pockets for holding weapons and other devices
  - o Black hood – covered the face from recognition and camouflage
  - o Black trousers and black sandals used for concealment



# Ninjutsu Weapons

## + Shuko

- A small metal plate that slipped over the knuckles and had four spikes extending from the palm
- They could use this to rake an enemies face with a front palm swipe or break his jaw
- Useful for gripping while climbing trees and walls

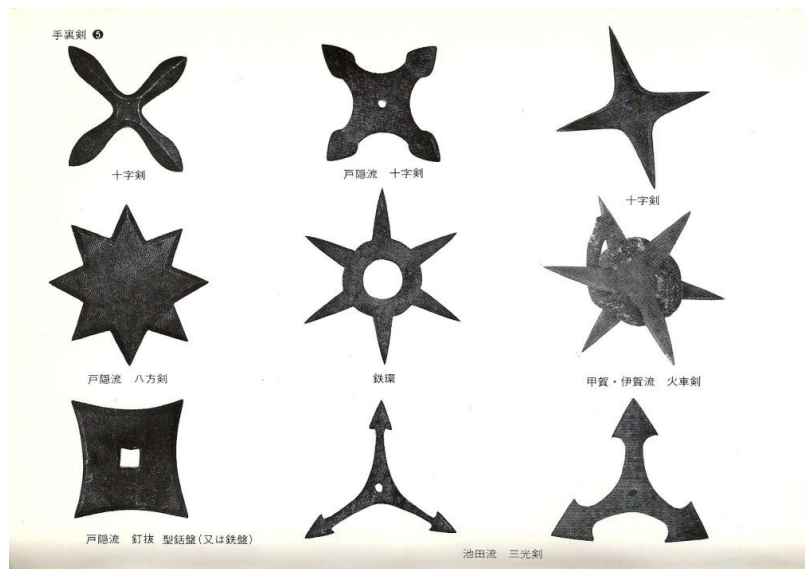


## + Caltrops

- Used for when being pursued, they would throw a number of the four-pointed caltrops behind them
- They were made so that one sharp point was always pointed up regardless of how they were thrown
- Spread around encampments or along castle walls and approaches to stop ninja spies from entering

## + Shuriken

- Star-shaped weapons held between the thumb and forefinger and tossed overhand or side-armed with a quick, spinning motion.



## + Bamboo Staff

- If attacked by a swordsman, they would suddenly stoop low and swing their staff along the ground with their right hand.
- Out would come a weight and chain that wrapped itself around the enemy's leg. The ninja would then jerk him forward into the ground.
- Moving in quickly toward their quarry, they would slam the opposite end of the staff into the enemy's head.