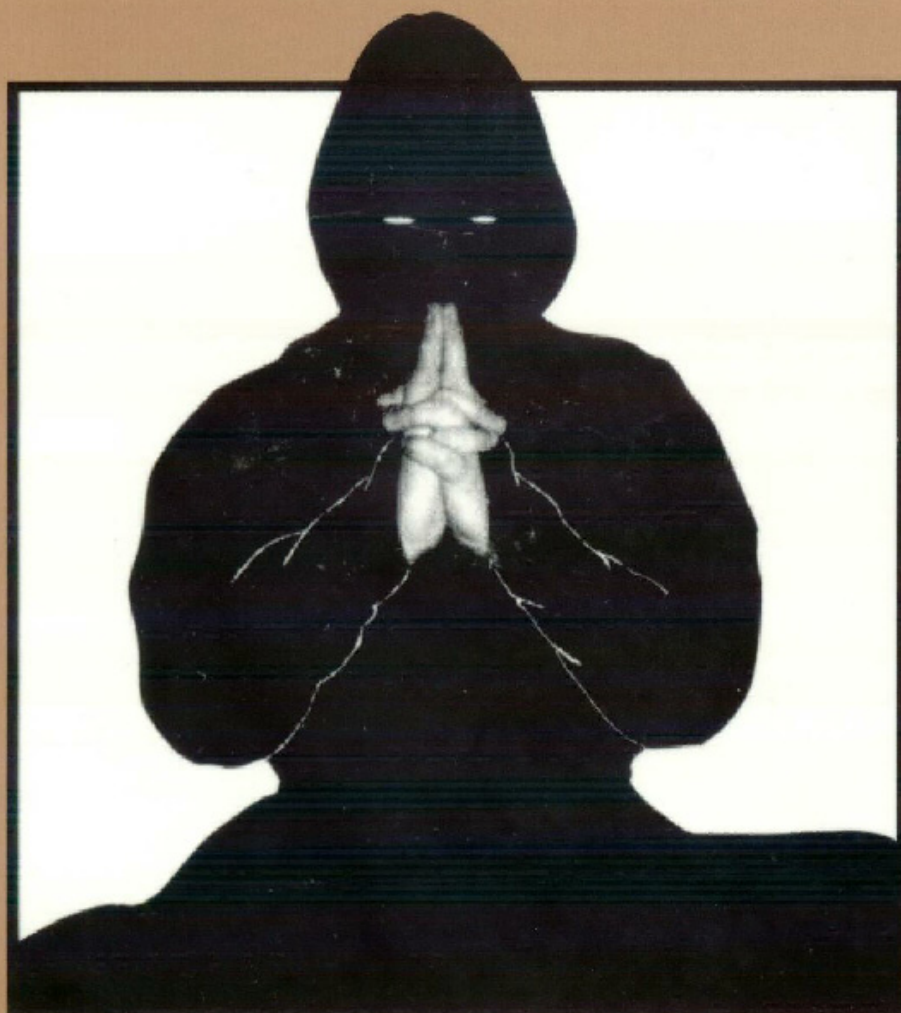


NINJA

POWER OF THE MIND



WARNING/DISCLAIMER

Certain techniques described in this manual can be dangerous to practice or misuse. Before performing any of these exercises, it is advised that anyone intending to do so should have a complete physical examination by a competent physician. Persons with respiratory or heart problems, epilepsy, brain tumors SHOULD NOT practice these exercises. The author and the publisher assume no responsibility for the use or misuse of any of the information contained within this training manual.

INTRODUCTION

The Koga Ninja have employed various mystical methods to channel and utilize the inner energies of the mind and body. Less than ten percent of one's inner potential is used by the average person. In extreme situations, however, even common, untrained people may accidentally tap these hidden reserves and perform amazing feats of strength, concentration and sheer force of will. The Ninja have developed systematic ways to invoke such abilities and more. This is not, as some claim, a religion or sorcery, but a proven approach to connecting oneself with the physical and psychic forces within.

Through years of training, discipline and practice, a Ninja can perform feats that, to the ignorant, seem superhuman. This can account for many of the supernatural legends about the Ninja being able to turn invisible, control the minds of others, and stun or kill with a touch, a shout, or even a look.

This instruction manual is designed to start a novice Ninja on the path to enlightenment. The Jumon is a term referring to the system of 81 cuts, or hand symbols (9x9), for complete enlightenment and mastery of oneself and all things. Many of these hand symbols have specialized uses, and must be taught by a Master Ninja. The Jumon hand symbols are referred to as cuts because they intersect mystical planes of force which emanate throughout the universe. The hand symbols cut through these planes of energy and tap into them. Thus the term cut will be used interchangeably with hand symbol. For example, the system of nine hand symbols described in Chapter Three is known as the "Kuji-kiri." This term, literally translated, means

"nine cuts." This training manual will introduce the Ninja to special breathing techniques, the five basic cuts of the Jumon levels of power: Earth, Water, Fire, Wind and Void, the nine cuts of the Kuji-kiri (the nine cuts), and the combined power of the Ju-jitsu power grid (all nine cuts of the Kuji-kiri combined with a tenth cut). It must be understood from the beginning that these skills, like the Silent Way itself, take a lifetime to master. A student devoted to Ninjitsu must practice channeling his inner forces every day. At first, progress will be slow and difficult. A true Ninja must exhibit diligence, patience and dedication. By the time significant results can be achieved, within an average period of about five years, they will seem as they truly are, real and possible. Things are only impossible to the ignorant, the foolish and the undisciplined. View something as impossible and it will

be. Accept the reality of the possible and triumph. Mastering the art of the Silent Way takes a lifetime of dedication. Ninjitsu is a way of life.

Grandmaster Toshitora Yamashiro,

The Nine Shadows of the Koga Ninja

PROLOGUE

The Mystical Hands Of The Ninja

Hadashi padded softly through the high, wet grass, running quickly at a low crouch as only a Ninja could. He placed his feet at right angles to each other. In that way, the trackers would be confused about the direction in which he was moving. He kept to the darkest depths of the shadows which night afforded him. But, unfortunately, the clouds had passed more quickly than he had expected and a bright moon illuminated the hills.

The clumsy Ashigaru foot soldiers hunted him; Hadashi could hear them sweeping up the hills, the grasses whipping and lashing against their armor. He could see the moonlight gleaming on a multitude of spear points of the soldiers who held their spears low to the ground, poised to stab the spy they were trying to ferret out. Unlike the Samurai, the Ashigaru were loud, slow and stupid, but their numbers made up for a great part of their failings.

Fear touched the heart and mind of the young Ninja. He did not fear death; Ninja were trained beyond that, but he feared failing to complete his mission. On a routine spying mission, he had learned that the Chikamatsu Clan was planning a surprise attack on a neighboring house, one which was allied with and employed Hadashi's Ninja Clan. It was important that he not fail in getting the vital information back to his Chunin, Ninja-leader.

Concealing himself within a bush, Hadashi crouched down on one knee and paused to redirect his internal energies. First he remained still, focusing on his breathing, going from his normal neutral breathing to more rapid positive breathing. He inhaled and exhaled powerful, even breaths from his hara, the mystical center of his being. A sense of calm came over him. He

placed his hands together in one of the Kuji-kiri, the nine cuts or symbolic hand foldings of the Ninja which gave them their extraordinary powers. He performed Zai, which supplies awareness and mastery over oneself and all things. Oxygen rich blood flooded through his veins, rising up through his body, and concentrating in the frontal lobe of his brain.

The Koga Ninja were attuned to and adept at controlling the psychochemical reactions in their minds and bodies. Through Zai,

Hadashi gained control not only over himself, but over the physical world as well. Masters of Ninjutsu could become completely invisible at will by channeling their chi through Zai. They became one with the world.

The Ashigaru were coming closer to Hadashi's position. He maintained his concentration. If he broke out into the open, he would be spotted instantly. Instead he remained perfectly still, maintaining his concentration and his focus of power through Zai. He knew that at times an enemy could sense the presence of their foe, just as when a person senses that he is being watched or when a hunter senses the presence of the hunted beast. But that was not possible with Zai; there would be no psychic presence to give a Ninja away. When a Ninja becomes one with the world, there is nothing to sense. He is both there and not there.

The foot soldiers were very close. They plodded along and stumbled over the terrain and each other, cursing and muttering. A spear darted into the bush, probing absently, a few breaths from Hadashi's face. The foliage of the bush parted and a tired face glanced in briefly and then disappeared. The Ashigaru moved on, continuing their fruitless search.

With this awareness attuned to the presence of all things to the elimination of his own, Hadashi waited for the soldiers to pass over the hill and down the other side.

Finally, the Ninja left his position and ran quietly, making a wide loop which carried him around the advancing troops. He was moving across open grasslands once more, but he had to take the chance. If he was spotted by any rear troops, he could try to make his escape to a concealed pit in the forest near the river.

Suddenly the air was filled with an odd humming sound. Instinctively, Hadashi dove and rolled away from where he had been. Long-shafted arrows with bulb-shaped arrowheads stuck into the ground where he had stood. They were propelled by powerful nine foot yari, Japanese longbows. Armor was useless against them. The longbows were even used to sink boats by shooting at the waterline with special arrows.

Crawling through the grass, weaving and rolling, Hadashi concentrated on reaching the forest. He could not hesitate. The Chikamatsu archers were renowned for their skill and courage. Arrows hummed through the long grass, but the Ninja was almost to the trees. Suddenly a

feeling like a hot iron spike pierced his left arm, pinning it to the earth. Hadashi winced, but he did not cry out. Immediately he was bleeding profusely, but he had to move. Rolling to his left, he twisted his wounded arm quickly and snapped the shaft of the arrow off. He came to his feet and raced into the trees. More arrows peppered the ground and sped after him into the forest, barely missing. Flaming signal arrows shot up into the sky. Trumpets sounded.

They would be on his trail quickly. Soon the forest would be crawling with Ashigaru like soldier ants, but he had to do something about his bleeding arm. Not only was it weakening him, it was leaving a trail that his enemies could follow. Hadashi stopped and crouched down, pulling out the rest of the arrow. Fortunately, the arrowhead had passed through the forearm without hitting a major vein or artery, but the bleeding was still profuse. The bones were not shattered,

but the muscles were torn. From a small jar in his pack, he covered both sides of the wound with a thick, tar like healing paste. The bleeding slowed. Next, he knitted his hands together in Sha, the Kuji-kiri symbol that invoked healing. He took control of his breathing, decreasing his breath and heart rate, and then he took control over the flow of blood in his body. He redirected his blood away from his wounded arm psychically, without having to use a tourniquet and risk amputation. The bleeding ceased altogether in a short while, the pain subsiding into numbness. Quickly he wrapped the injured forearm tightly with a dark bandage.

He could see the torches of the Ashigaru sweep down from the hills all around him. He was surrounded. If he was going to escape, he had to make it to the hiding pit, but first he had to throw the hunters off his trail. They would follow his blood.

As he ran through the trees, Hadashi came to the trail leading over the top of a hill and down to the river. Without hesitation, he picked up a large stone as he made for the river, he stopped and pulled out a bladder strapped to his waist with long cords which was filled with ox blood. With the cords, he tied the bladder securely to the stone. Using the knife at his belt, he poked a number of holes into the bladder and threw it down the trail. It rolled, splattering blood along the way, fell into the water and sank. By that time, the voices of the foot soldiers grew louder as the Ashigaru crashed through the forest.

Hadashi slipped through the woods, to the concealed pit under an overhanging tree. He pulled open the trapdoor and went into the dark

hole, closing the concealed portal behind him. Immediately he sat down and placed his hands into the Chi symbol. Slowly he began to control his neutral breathing and felt the inner energy grow from his spiritual center. The tension and worry fled from him. His spleen and stomach relaxed. From the base of earth, he went through Sui, water, to strengthen the will, Ka, fire, to strengthen the heart and pump more energy to mind and body, Fu, wind, to clam the mind and relax the internal organs, and finally Ku, the void, to enter the state of mind/no mind.

Outside of the pit, Hadashi was aware of the soldiers' movements. They were swarming over the area. Feet tramped by the pit. A voice from one of the leaders rang out.

"He was hit with an arrow," the archers say. "Come on, you laggards. It will be our heads if he is not found. He must be close by."

Another voice spoke up excitedly. "Look, Captain. I have found blood on the trail."

"What?" the Captain said. "Quickly—a torch! Comb this area!" There was a pause and the sound of many running feet. "Yes, it is blood."

"It leads down to the river," another distant voice shouted.

"Curse this spy for his cleverness," the Captain said. "He may be far down stream by now. Search the river! Search both sides! Send runners to alert our forces at the border!"

Within minutes the Ashigaru were gone. Hadashi performed the Jumon power grid, the combined nine cuts of the Kuji-kiri with Juji, the final tenth cut. With his good right hand, he cut the air with vertical and horizontal strokes. With each one, he summoned the mystical power of the grid, speaking the name of each cut:

- 1) Rin
- 2) Hei
- 3) Toh
- 4) Sha
- 5) Kai
- 6) Jin
- 7) Retsu
- 8) Zai
- 9) Zen

The grid seemed to appear before him in the air like lines of energy. He drew upon its interwoven power for the strength and wisdom to complete his mission. With Juji, the tenth and final cut, he dispersed the grid and its power, bringing the cycle full circle.

His left arm was numb still, but otherwise Hadashi felt strong and refreshed, ready to go on. He had to get back before morning. For the next four hours, the young Ninja ran through the forest, stopping only to listen and watch. The Ashigaru were still busy scouring the river.

But Hadashi knew that he would not be safe until he reached his village. The border guards would be alerted, extra sentries and warning posts would be set up along the boundary between the two clans. He still had to get past them.

As he neared the border, the Ninja stopped and performed Kai, to heighten his powers of awareness. He concentrated, breathing slow and evenly, attuning himself to the flow of the physical and psychic energy around him. He sensed danger, a living being nearby. Someone was very close. He crept forward, moving slowly and quietly, melting into the shadows. The clouds had rolled in, cutting off most of the moon, which made him feel a little better. The forest was almost completely dark. Hadashi suddenly felt the presence very close and stopped to look and listen.

Finally, someone coughed, very close by. Turning in that direction, he could barely make out the forms of two soldiers within a few feet of where he stood. They had been standing so still that Hadashi almost blundered into them.

The second man cursed at the one who had coughed. His voice sounded gruff, coarse, older. "Young fool. Tell the spy we are here why don't you," he whispered. "I hope it is your throat he cuts. A cough carries a long way in still air."

"Hah," the youth laughed, but his voice shook with nervousness. "We're wasting our time out here. The spy will not come this way. Didn't you hear? He has already escaped down the river. Yes, by now he is long gone from here, well paid and with drink and women as he should be." He shivered. "Damn this early morning chill."

"That is your fear, boy. It is because you are a coward that you feel the cold. A true warrior is warmed by the fire of his heart."

The youth spat. "Shut up, old man." Then he moved around the tree as the old soldier laughed softly. "I must urinate, old man. Stand guard. It may be your head that the Ninja cuts off and hands to you. It is said that they are spirits and can turn the mind against a person."

Hadashi waited to slip away. He had no wish to kill the sentries, but he studied them. The older man was a veteran soldier, hardened and crafty, but also scarred, slower and weaker. The young soldier was strong and quick, but inexperienced and trying with great difficulty to hide his growing fear. Hadashi learned this through Jin, which gave him power to sense the thoughts and emotions of others.

Then suddenly the young soldier tripped over a root. He groped in the darkness. Quickly Hadashi performed Retsu, giving him psychic command over time and space within six feet. If he moved, he would be seen, and even if he remained still—the young soldier would find him out at any moment. Through Retsu, the Ninja gave himself more time to prepare his telekinetic attack to use the young man's fear as a weapon. The young soldier seemed to move very slowly.

"What is it?" the old guard said. His voice trembled and he held his spear at the ready.

"Nothing," the young soldier laughed. "Hah, I fall down and you lose your wits." He began to get up. His hands were reaching for something to pull himself up on, but his was about to grab hold of the Ninja.

Hadashi leaned forward and screamed like a mad demon. The unexpected sound in itself stunned the young soldier, coupled with the psychic energy the Ninja channeled through it, causing the sentry to fall back in psychic shock. Hadashi had used Kiai-jitsu, the fighting shout of the Ninja. Grandmasters could kill with it by bursting blood vessels in the brain.

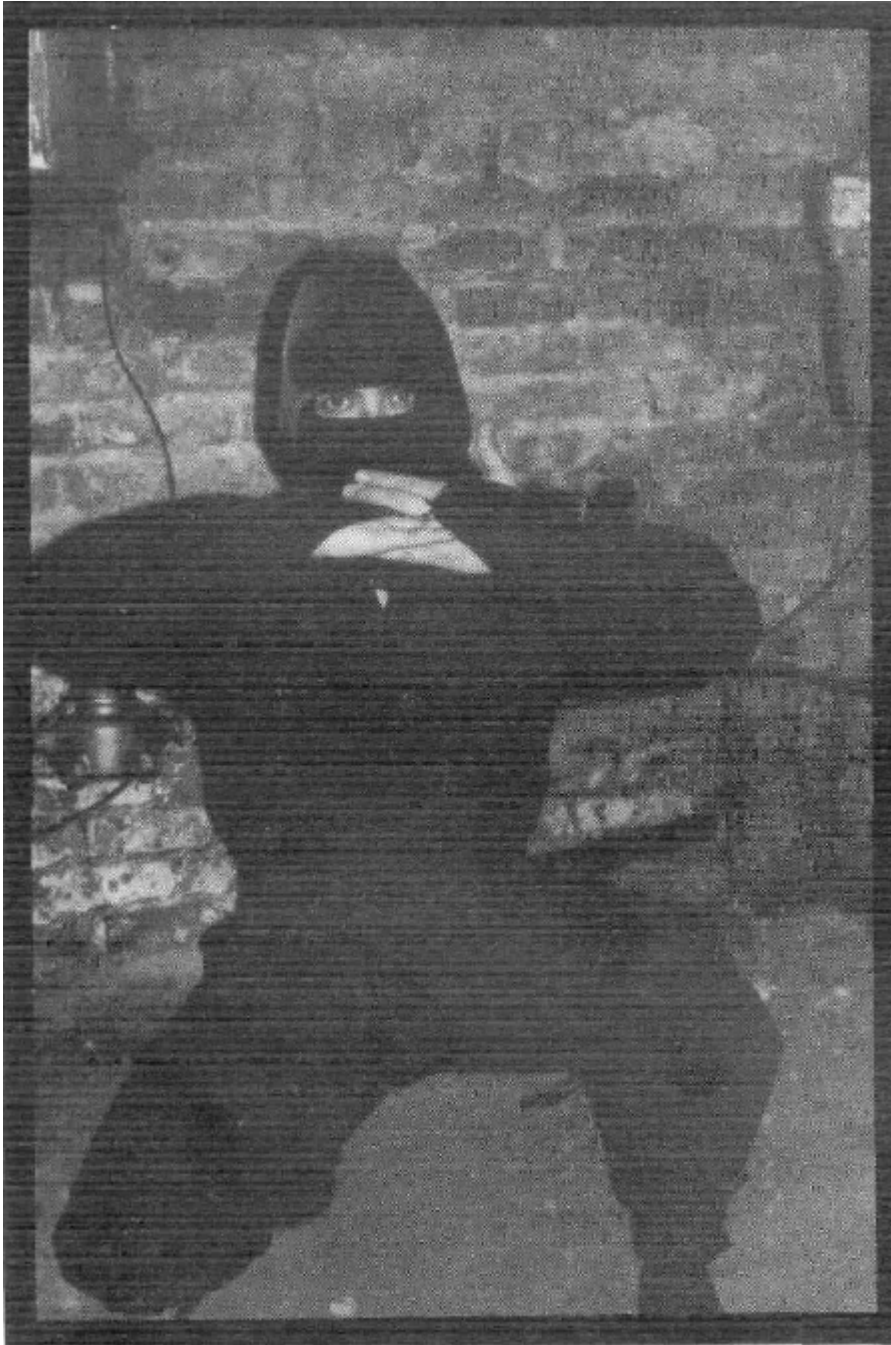
The old soldier cursed. "Damn you, you young fool. I nearly jumped out of my skin. Are you trying to scare me to death?" Silence was the only answer. "Boy?"

"Retsu!" Hadashi shouted as he charged the old warrior with his three foot jo staff, holding it like a sword. The soldier gave ground, instinctively deflecting the Ninja's blows to his upper left, upper right and middle left.

"Retsu!" Hadashi screamed even more wildly, and repeated the same attack sequence with no effect. "Retsu!" and again the sequence failed.

"Retsu," he shouted for a fourth time, channeling his inner energies into the jo stick. He attacked the upper left and right areas, but once again the soldier deflected his blows and instinctively moved to intercept the anticipated blow to the middle left. But Hadashi had used a form of hypnosis, part of Saiminjitsu—Ninja mind control. The old soldier had been conditioned to respond to the attack sequence through suggestion and habitation. At the last minute, Hadashi lunged in close and swung up with the butt of his jo, striking the guard first on the temple, and then delivering a smashing blow to the jaw. The old soldier fell, completely unconscious.

Hadashi turned away from the fallen border guards and knelt, executing Rin, invoking power, courage and wisdom. No force in the world could stop him.



Ku, preparing for anything.

CHAPTER ONE

Breathing

Breathing is basic to life. Without breathing, life will cease after a very short time. The mind and body must be nourished by oxygen continually. With this in mind, a student of Ninjitsu should study the way people breathe. How do they breathe? How is their breathing affected by rest, exercise, excitement, age, or physical condition? Most people do not consider this or how it affects their health, their ability to function, indeed, their entire life.

Scientists have determined that all creatures have approximately the same number of breaths and heart beats during the course of their lifetime. Creatures such as mice, for example, have very rapid breath and heart rates. They also have a short lifespan. Tortoises, on the other hand, breathe slowly and have less rapid breath and heart rates. They can live for hundreds of years.

The Ninja have long understood the connection between breathing and life. If asked various questions on how to improve the quality of one's life, a Ninja Master could answer them in a number of ways:

- 1) To live better—breathe better.
- 2) To control oneself—control the breathing.
- 3) To be wise—breathe wisely.
- 4) To live long and well—breathe longer and more slowly.
- 5) To be strong—breathe stronger.
- 6) To be healthy—breathe healthily.
- 7) To be happy—breathe happily.
- 8) To have purpose—breathe your purpose.
- 9) Cease breathing, and cease living.

Why is breathing so important? Because along with other chemical nourishment, the electromagnetic and electrochemical processes of the mind and body run on the air a person breathes. A Ninja learns that the way he breathes can affect the psychochemical levels of the body. By keying in on and controlling these metabolic changes through breathing, awareness and concentration, a Ninja can tap the inner resources of the mind and body.

Very, very few people learn to do this effectively and consistently. The Ninja train constantly to gain total mastery over their minds and bodies through discipline, exercise and meditation. Finely attuned to

and in control of their inner forces, the Ninja can call upon this internal power in times of need. Learning proper breathing is the first step in this process of enlightenment.

There are basically three types of breathing, just as there are, in Japanese, In, Yo and Zen (or as they are known in Chinese, Yin, Yang and Tao). These three types of breathing will be referred to as neutral, positive and negative breathing. All three exist on a continuum, a linear scale of reference with no end points, as demonstrated in Figure 1.1. They can also be seen in a sign wave (Figure 1.2), or even in Yo and In (Figure 1.3).

Using breathing to tap into one's inner forces can be dangerous, however. Misuse of certain Ninja breathing techniques can lead to coma or heart failure and death. They must be taken seriously and controlled at all times.

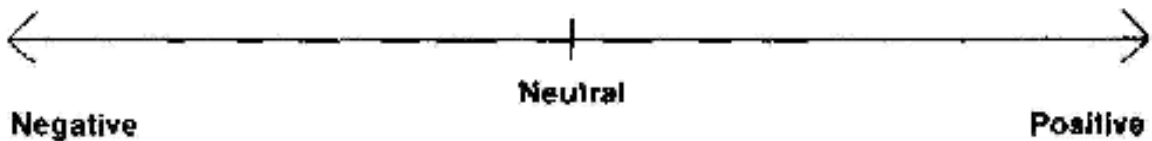
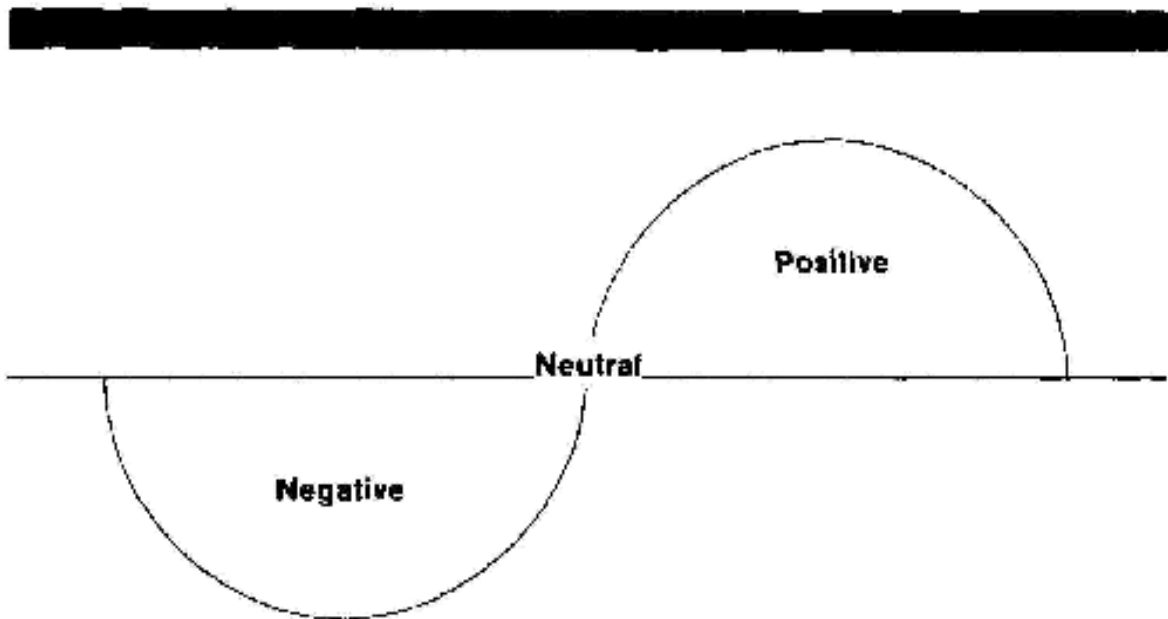


FIGURE 1.1



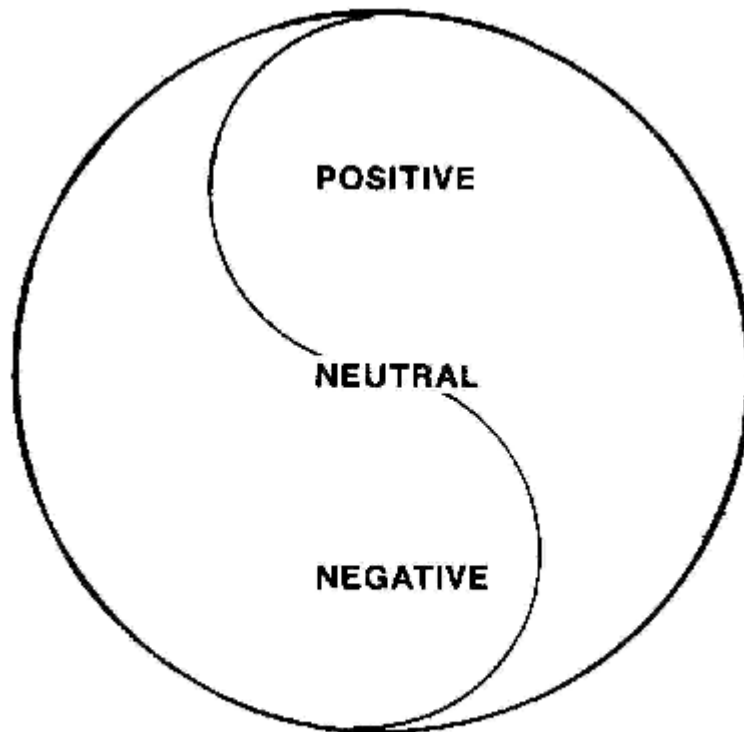


FIGURE 1.3

Neutral Breathing

Neutral breathing is very important, because it is the basis for life and all other breathing techniques. Neutral breathing is the natural breathing pattern one develops and uses throughout the majority of one's life. Depending on a person's physical condition, his neutral breathing is usually very undisciplined; rapid, but shallow. This makes for an unhealthy combination. In reality, many people even fall into a pattern of negative breathing, which causes many problems when used constantly. Generally, people wishing to improve their health and increase their energy level should breathe more slowly and deeply. A person in good physical condition often does this more or less naturally.

Measuring the Breath and Heart Rates

In order to make one's neutral breathing more efficient, it is helpful to know one's breath and heart rates. It is better to have another person measure these rates, because people are unable to measure their own breathing accurately. Two Ninja working together can accomplish this

easily. The person whose rates are being measured should be relaxed and sitting comfortably. It is best that the person is unaware of when the breath rate is being counted. Do not warn the subject, because people have a tendency to subconsciously alter their breathing in an attempt to make it better than it really is. The subject should face away from the counter and pay no attention to him. He should not think about breathing, but occupy his mind with reading an absorbing book, listening to enjoyable music or calmly meditating on pleasant thoughts with the eyes closed. Within a span of fifteen minutes, the counter should watch the rise and fall of the subject's chest, listen for his breathing, and count the number of breaths the subject makes within fifteen seconds on a stop watch. Write this number down, wait a few moments and repeat the exercise. Take a total of nine readings, add them together and divide by nine. Multiply this average by four, giving the neutral number of breaths in one minute. This is the breath rate. For example:

$$4+4+4+3+5+4+3+4+5=36$$

$$36/9=4$$

$$4 \times 4 = 16 \text{ Breaths per Minute (Respiration)}$$

All numbers should be rounded off to the nearest whole number.

Next, measure the pulse of the subject for fifteen seconds under the same conditions. Do this nine times, add, divide by nine and multiply by four, just as with the breath rate. This is the heart rate. For example:

$$16+18+18+20+19+18+18+17+18=162$$

$$162/9=18$$

$$18 \times 4 = 72 \text{ Heartbeats per Minute (Pulse)}$$

The counter must be sure to measure the pulse correctly, using the index and middle finger of the hand. Never use the thumb, as the counter may mistake the thumb's own pulse for the subject's. The pulse can be found on the thumb side of the wrist, beneath the hand or underneath the corner of the jaw, near the ear. Of course, the subject will know when his pulse is being measured, but the effect on the heart rate is negligible in comparison to when the counter is measuring the breath rate. The two Ninja should switch roles, and

measure the other person's breath and heart rates. These rates should be checked every week, as the practicing Ninja will usually be improving their level of physical fitness.

Use the breath rate as the basic rate for efficient neutral breathing. The goal is to have a healthy, low breath and heart rate. Remember that they will change with exercise and conditioning. An excellent neutral breath rate for a Ninja would be eight breaths per minute, or one complete inhale/exhale every 7.5 seconds. A superb neutral pulse rate to work for would be between 50 to 60 heartbeats per minute. These cannot be attained instantly, but must be developed slowly. Remember that neutral rates mean relaxed. Breath and heart rates will be higher during and after exercise.

Once a person knows his neutral breath rate, he should work on matching that rate with the same number of breaths as his natural pattern, but with a different kind of more efficient breathing. Inhale through the nose and exhale through the mouth, using the diaphragm to breathe deeply and smoothly. Avoid shallow breathing which robs the mind and body of its energy, power and ability to react. Neutral breathing is important because it is the type of breathing that most people perform 99 percent of the time.

All people breathe, but a Ninja must always breathe correctly and efficiently. Most people breathe haphazardly and in turn they live shorter, unhealthy and less productive lives. Learning to breathe correctly all of the time must be practiced until it becomes natural. The most fortunate thing is that a Ninja can practice neutral breathing constantly and reap the benefits. Neutral breathing is also the basis for other breathing techniques and must be established before any other technique is attempted. Ninja should always be aware of and in control of their breathing. Performed properly, this will level the body's metabolism. The benefits will be a longer and healthier life.

Positive Breathing

In order to gain knowledge, one must add things. Positive breathing is additive. By increasing one's breathing by varying degrees, a Ninja can accomplish a number of things. First, by increasing the flow of oxygen to the mind and body, a Ninja increases the effectiveness, efficiency and performance potential of the brain and muscles. Positive breathing improves reaction time, alertness, the senses, agility, strength, endurance and thinking. It increases the flow of blood, tightens the bowels and sharpens awareness.

The dangers of uncontrolled positive breathing are severe hyperventilation, edema (a swelling of the brain due to an accumulation of serrous fluid), bursting blood vessels in the brain, collapsed lungs, respiratory failure, or cardiac arrest (heart failure). Any of these may lead to or cause death, but properly used, a Ninja can use positive breathing in connection with Jumon techniques to increase the abilities of the senses, channel inner forces to heal or simply increase physical strength by controlling the flow of adrenalin in the blood stream.

Positive breathing is performed by doubling the neutral breath rate. This is called Phase 1. No other phase of positive breathing will be taught in this manual, as the other phases are dangerous and must be taught by a Ninja Master. As a general guideline, however, until a Ninja's neutral breath rate has become twelve breaths per minute or less, he should breathe at a rate of thirty breaths per minute for Phase 1 of positive breathing. This means that in Phase 1, a Ninja will breathe in deeply through the nose, using the diaphragm, for a count of one second. Then he will exhale through the mouth in the same manner, for a count of another second. He will repeat this, at first, for sixty seconds, making thirty complete breaths. Novices

should count silently to themselves during positive breathing, until the proper timing becomes habitual. The following method is suggested:

Think silently

1 second="One one thousand" (inhale)

1 second="Two one thousand" (exhale)

REPEAT

Perform this exercise for one minute and return to neutral breathing. Within moments, the increased flow of oxygen and energy will reach the brain and body. The Ninja may even experience a slight feeling of dizziness or euphoria, but this will pass with experience. By simply using Phase 1 of positive breathing, a Ninja can accomplish a variety of things. First, positive breathing can eliminate fatigue and drowsiness, allowing him to remain alert and able. Perform Phase 1 every ten to fifteen minutes to shake off tired and sleepy feelings. Ninja have been able to remain wide awake and alert for days in this manner.

Another way that positive breathing can assist a Ninja is by improving his abilities to perform certain tasks. The human brain is much like In and Po; it is divided into two hemispheres. Together, both hemispheres control the mind and body, but separately each half of the brain greatly influences or directly controls some ability, function, or potential of the mind and body. For example, the left side of the brain controls, interacts with, or is influenced by:

- 1) The right side of the body
- 2) Positive (+) energy
- 3) Temporal reality (the physical plane)
- 4) True knowledge
- 5) Solar influences
- 6) Power
- 7) Outward flow of energy
- 8) Knowledge acquisition and retrieval
- 9) Analytic thought

The right side of the brain controls, affects, or is influenced by:

- 1) The left side of the body
- 2) Negative (-) energy
- 3) Lunar influences
- 4) Healing (True Wisdom)
- 5) Ultimate reality (the spiritual plane)
- 6) The internal reception of energy
- 7) Creative, conceptual, holistic thought
- 8) Psychic energy
- 9) Intuition

By increasing the flow of oxygen to one side of the brain or the other, a Ninja can increase the powers and influences of that particular hemisphere. To increase the abilities of the left side of the brain, cover the right nostril with the right thumb and perform Phase 1 of positive breathing through the left nostril. Within moments, the left side of the brain will become saturated with oxygen, sharpening its abilities. The same exercise can be performed to enhance the abilities of the right side of the brain by reversing the technique. Cover the left nostril with the left thumb and perform Phase 1 of positive breathing. This will send more oxygen to the right side of the brain, making it more effective.

Positive breathing is important in channeling inner forces, but there are certain dangers. Uncontrolled positive breathing may lead to

uncontrolled hyper-ventilation and death. Avoid this risk by performing all breathing components of Jumon hand symbols exactly as they are described. More advanced techniques are also more dangerous and must be taught by a competent Ninjitsu instructor. Under no circumstances should a novice practice or experiment with positive breathing techniques beyond Phase 1 on his own.

Negative Breathing

To gain wisdom, one must subtract things. Negative breathing calls for the controlled depletion of oxygen in the body. This will also change the metabolic and psychochemical levels of the mind and body. The dangers of misusing negative breathing are uncontrolled hyperventilation, brain damage due to severe oxygen depletion, epilepsy, coma, respiratory failure, heart failure and death. But a trained Ninja can use negative breathing with other techniques to calm the mind, increase psychic awareness and perception, control the heart rate and the flow of blood to the extremities, endure discomfort, pain, and extremes of cold or heat, direct the powers of the mind at others, fall into a state of suspended animation, become invisible, or control the flow of time.

Many of these techniques are dangerous for a novice to attempt, but they are possible for the dedicated few who have the heart, the will and the spirit to make Ninjitsu a way of life. It is an irony that the physical body weakens with age, while the inner self, with constant training, becomes stronger and stronger.

Perform negative breathing by slowing neutral breathing down by specific fractions. Slowing the breath rate by half is Phase 1 of negative breathing and slowing it down to one quarter of the neutral breath rate is Phase 2. Do not make the breaths shallow. Slow them down, but maintain deep, even breathing from the diaphragm. Never go directly into Phase 2 of negative breathing. Always progress from neutral breathing, to Phase 1, and then Phase 2.

Negative breathing can be performed in any position. It is a good idea to practice with another person. Going from neutral breathing to Phase 1 of negative breathing, a Ninja will first experience a sense of calmness. Novices may often fall asleep when practicing negative breathing. But just before dozing off they will experience a brief period of extended mental perception and awareness. The other person must keep practitioners awake, shaking them gently if they nod off. Once the Ninja can perform and control this technique effortlessly and

without falling asleep, then he can begin practicing Phase 2 of negative breathing. In Phase 2, a Ninja may take as few as two to four breaths in one minute. Control is important in negative breathing. The Ninja must always maintain consciousness. A Ninja does not want to go into a sleep from which he cannot wake.

For example, Ninja A has a breath rate of eight breaths per minute. For Phase 1 of negative breathing, he slows his neutral breath rate down to four slow, even breaths—through the nose and using the diaphragm. Once in Phase 1, he can proceed to Phase 2, cutting his breath rate down to only two slow, even breaths per minute. From there he can quickly work his way back up to Phase 1 and then back to neutral breathing.

DO NOT TRY TO DECREASE THE BREATH RATE ANY FURTHER WITHOUT THE INSTRUCTION OF A COMPETENT NINJA MASTER. IT IS DANGEROUS FOR NOVICES TO PRACTICE NEGATIVE BREATHING BEYOND PHASE 2. NO SUCH TECHNIQUES WILL BE DESCRIBED IN THIS MANUAL.

Even practicing Phase 1 and Phase 2 of negative breathing will take a long time to master, perhaps years, remember, strive to retain control of the mind and body without falling asleep.

These breathing techniques, while valuable in themselves, are even more effective when they are used with Jumon hand symbols to summon, focus and direct one's inner forces. Ninja should practice breathing for one hour every day. A one hour training schedule would be divided as follows:

15 minutes — Focus on perfecting neutral breathing

15 minutes — Practice Phase 1 of Positive breathing and return to neutral

15 minutes — Go from neutral to Phase 1 of Negative breathing

15 minutes — Go from Phase 1 to Phase 2 of Negative breathing and return to neutral breathing

Remember that Ninja must always be in control of their breathing. Control is the key to all things. One who learns how to control himself learns to control other things as well, even the very universe. To master all things, a Ninja must devote a lifetime to mastering himself.

CHAPTER TWO

Earth, Water, Fire, Wind and Void: The Basic Elements of the Jumon

Various styles of Ninjitsu have their own hand symbols, most of them derived from Chinese and Tibetan mysticism from which Ninjitsu sprang. Some of these symbols are exactly the same, some are variations of each other, and still others are completely different from one style to the next. This is true of the Nine Shadows of the Koga Ninja as well. Remember that there are 81 hand symbols which are used to focus the inner forces in various ways. The techniques in this manual describe only the basic modes. A novice must gain a rudimentary proficiency in all of the techniques described in this manual before he can learn more. Knowledge of these basic modes will show an instructor that the novice has discipline and dedication worthy of further training. The novice need not have complete mastery over each technique—that will take a lifetime, but a novice needs to know the basic modes and be able to perform them to a simple level of proficiency. Often such training begins as early as age five, but beginning the journey can start at any point in one's life.

The Hands

The hands are important to a human being. Without them we are helpless. Study Diagram 2.1. Each digit of the hand represents one of the five elements. Each of the hands also acts as one of the polar nodes of one's inner forces. These poles influence and are influenced by the various internal and external manifestations of the universe. Practice and meditate on each of the following techniques. Memorize them, their significance and their functions.

THE BASIC ELEMENTS OF JUMON

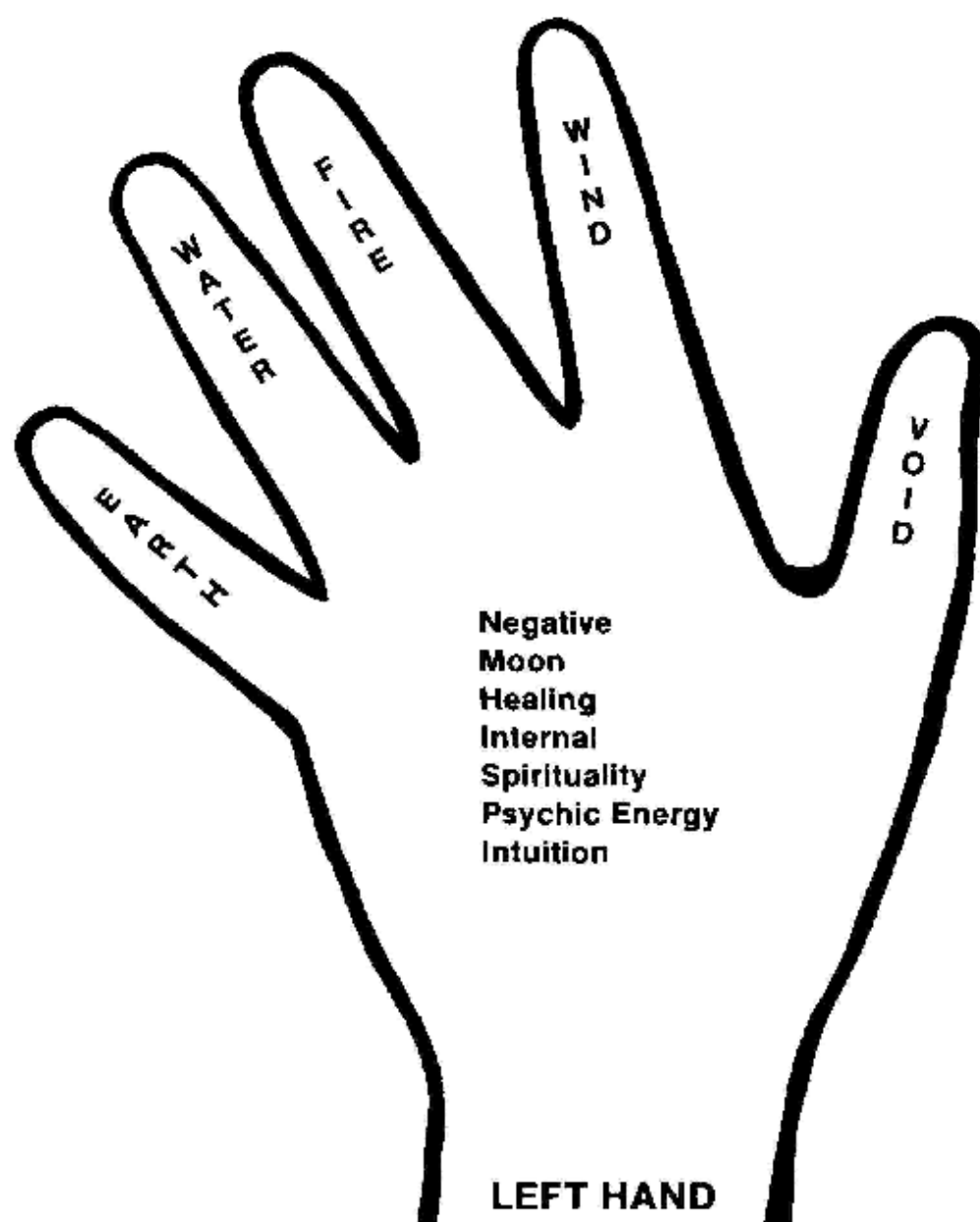


DIAGRAM 2.1-A

EARTH, WATER, FIRE, WIND AND VOID



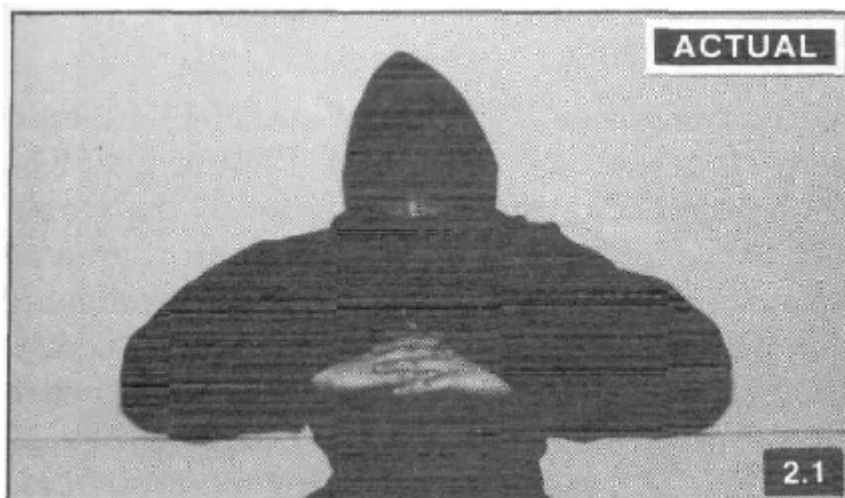
DIAGRAM 2.1-B

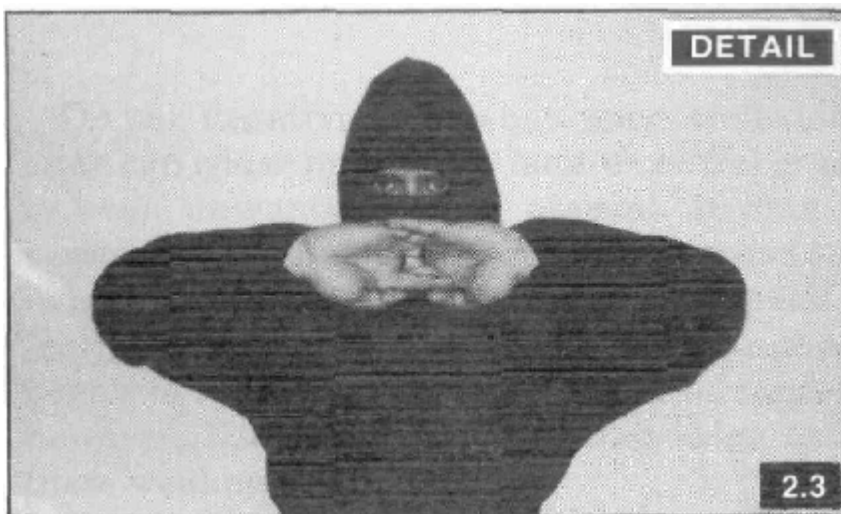
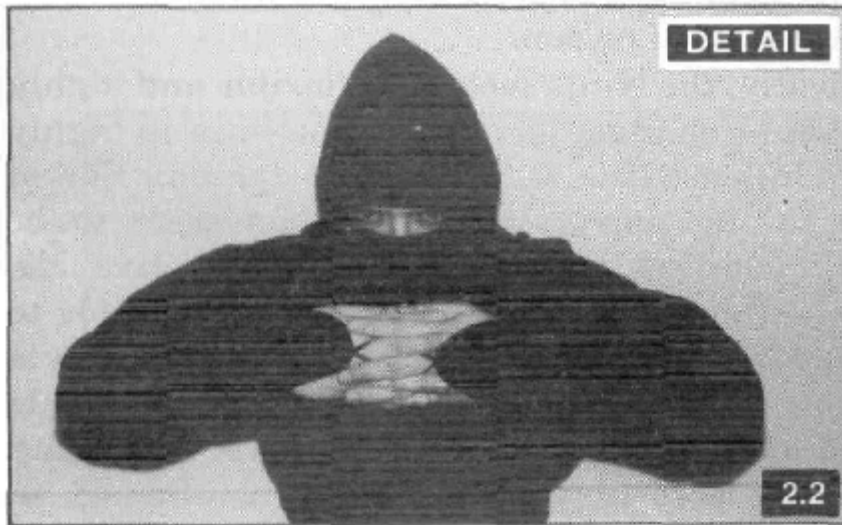
Earth

Invoke Chi, the Earth mode, by placing the hands together as shown in Photos 2.1-2.3. Close the eyes and begin Phase 1 of Positive breathing.

Earth energy is focused around the tailbone. Concentrate on this area. Feel the solidness of the body, the molecular union with all things in solid form. As the awareness grows, the Ninja will often feel as if he is part of the ground or floor he is sitting on. The body will feel dense and solid and at higher levels of proficiency one will become acutely aware of his muscles, bones and teeth. This awareness can be helpful in diagnosing physical injury. Mentally, a Ninja in the Chi state will often feel content, stable and resistant or unwilling to change. He will remain completely still, immovable, unaffected by minor distractions or discomfort.

The positive effects of the earth mode are physical and mental stability (on the conscious level), increased endurance, calmness in the face of excitement or danger, practicality and an ability to comfort or support others. The negative effects, usually due to an inability to control the influence of the earth mode, are muscle tension and cramps, loss of flexibility, indigestion and ulcers, suppression, a voidance and denial of problems, emotions and failures. The influence of the earth mode can cause a person to be stubborn to change when change is needed. Failure to adapt can mean defeat. A Ninja must control the power of the earth mode in order to derive the positive effects and avoid the harmful ones.





Water

To tap into the power of Sui, the Water element, knit the fingers together as shown in Photos 2.4, 2.5. Maintain neutral breathing. The center of the water mode is in the urinary tract. Focusing on that area of the lower abdomen, a Ninja will be able to develop an awareness of the function and the motion of his bodily fluids. Blood flow, the digestive process and even sweat production can be influenced at advanced levels of mastery in Sui. A trained Ninja, for example, can direct additional nutrients to certain areas of the body to further healing, control a bleeding wound, or even slow the effects of poison.

Physically, the Ninja feels soft, flexible and highly adaptable to change. Mentally, the Ninja is highly aware of his emotions, reacting to the dynamic flow of change in the universe. The feelings seem to be

constantly flowing and changing. On the positive side, a Ninja influenced by the water element is able to adapt and react to situations more quickly. The body is limber and responds rapidly. The Ninja is acutely aware of his emotions and those of others. The ability to interact successfully with others is heightened. In the fluid state, there is always a way, but finding the way always requires dynamic action.



On the negative side, when uncontrolled, the fluid state can cause indecision, lack of control or restraint, or even unwanted sexual arousal. It may cause a person to take unnecessary risks or become caught up in his own emotions and lose control of the self through fear, passion, anger or sorrow. A Ninja must avoid the negative and seek the positive. At advanced levels, however, Ninja can use this knowledge to tap into these weaknesses in others.

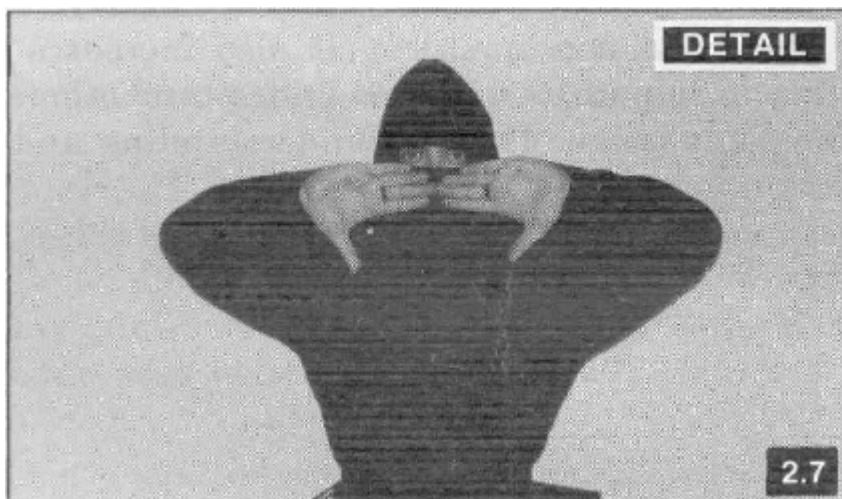
Fire

To trigger the elemental influence of Ka, Fire, from the hand symbol shown in Photos 2.6, 2.7. Begin with neutral breathing and perform Phase 1 of Positive breathing. Ka has its center in the heart, and affects anger, courage, fear and dynamic energy. This energy can be explosive.

The fire mode affects the heart and the adrenal gland. Increasing the flow of adrenalin brings about the fight or flight response. This is when the body prepares itself to fight or to run away. The bowels will tighten, breathing will increase and oxygen rich blood will saturate the muscles. Under the influence of the fire mode, the body will often feel warm and the increase in circulation can be used to resist extremes of cold. Coupled with positive breathing, the fire element can be used to increase a Ninja's bravery, power and ferocity. This is used in fierce, explosive surprise attacks, where a Ninja takes the offensive like a sudden inferno in order to defeat an enemy.

Mentally, the controlled use of the fire mode builds up the ability of a Ninja to reason, calculate and attack aggressively. The level of tension is important. In order to take the offensive effectively, a person must be able to generate, control and direct his emotions and inner forces without rashness or hesitation. Ninja who successfully control the fire mode often experience feelings of warmth, vigor, vitality, confidence and fearlessness.

The advantages of the fire element allow a Ninja to enjoy life more fully. Life and its problems are challenging, providing stimulating and valuable learning experiences. If it becomes necessary, a Ninja can respond to direct and serious dangers, threats or attacks with his own explosive attack to defeat or put enemies to flight.



The disadvantage of the fire level occurs when a person cannot control its influences. This can lead to ineffectual rage or paralyzing, uncontrollable fear. Fear and anger must be controlled. They are important to effective courage. Too much anger may cause foolhardiness. Too much fear may cause dangerous hesitation. A balance between these two emotions must be maintained. This is what creates true bravery. Constant failure to control the fire element may also lead to greater risks of high blood pressure or even heart failure.

Wind

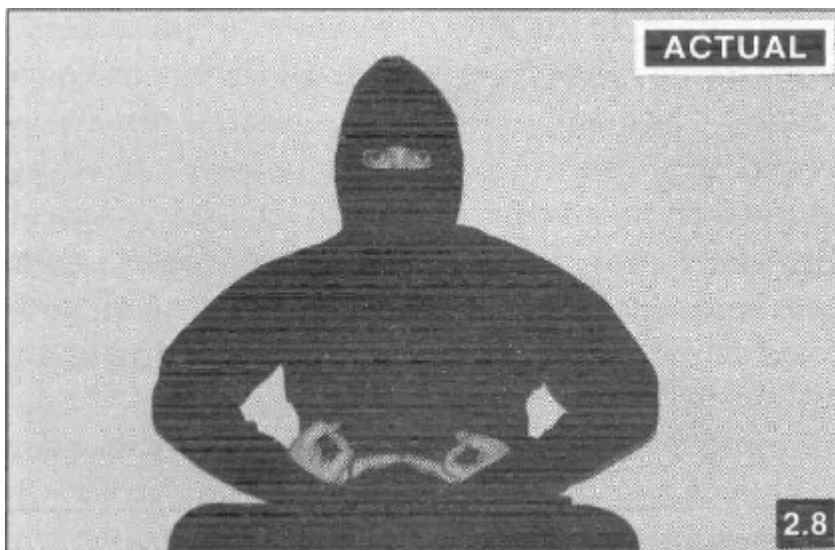
The hand symbol for summoning Fu, the Wind element, is shown in Photos 2.8, 2.9. A Ninja must continue neutral breathing and concentrate on the middle of the breast bone, the center of the wind

element. Feel this energy emanate through the body with every breath.

Physically, the wind element will inspire a feeling of peace and ease. Digestion will be improved. The effects of heartburn, gas or upset stomach can be lessened. Internal power can also be directed through a Kiai using Fu also.

Mentally, the wind mode improves a Ninja's ability to think and conceptualize. It also increases one's ability to empathize with and understand others with more compassion. Through understanding and compassion, truth and wisdom are gained. The wind mode also increases one's capacity for love and acceptance.

Effectively controlled and utilized, the wind mode can improve a Ninja's ability to understand and deal with others. The wind element often uses mind over matter and brains over brawn. It can, also, aid in improving digestion and directing physical energy through Kiai-jitsu. More importantly, meditation in Fu can bring about greater wisdom and harmony. The wise man does not have to fight battles; he prevails over adversity without the need for confrontation. To know oneself is to know one's enemies and the secrets to defeat them.



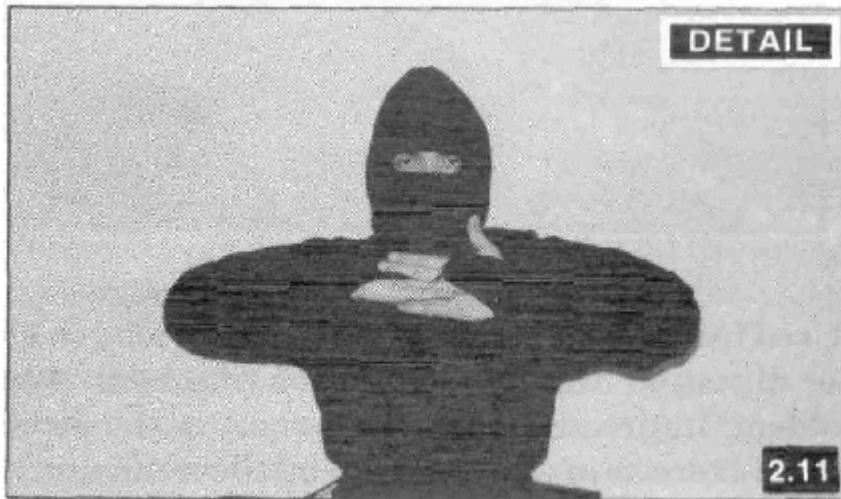


Used ineffectively, the wind mode can lead to ulcers, poor digestion and miscalculation of others. Another problem, indirectly more dangerous, is the senseless mental exercise of wasting time intellectualizing about practically anything. The mind that wanders and wastes time is inefficient and ineffective, not the mind of a Ninja.

Void

Ku, the Void, is the source element of all things. It is the subatomic mass from which all things are derived, and more, it is a spiritual plane, another dimension. It is everything and nothing. This is symbolized by the hand pattern as seen in Photos 2.10, 2.11. Some styles of Ninjitsu do not sign Ku. It can be encountered using neutral and negative breathing. The creative power of the void is centered in the voice box. Meditate on this psychic center of energy.

Ku makes all things possible, it is the ultimate achievement of potentiality. All things are realized. The physical and mental effects are total harmony, total awareness and complete control. Under the influence of this element, the Ninja responds properly to each situation as it arises. There are no negative effects. It is as if the Ninja has reached a higher plane of thinking, existence and enlightenment. This can only be experienced, it is difficult to describe.



With all of these techniques, keep in mind a number of things. First, study them carefully. Second, learn, memorize and practice them. Third, a Ninja should continue to practice them daily until they are ingrained in his psychic pattern. The advantages gained from these techniques are almost useless until their psychic patterns become so ingrained that they can be triggered almost instantly. A Ninja will usually not have time to work into any of these modes. They must be capable of being summoned automatically at the knitting of the hands. Such discipline often requires years of practice and training. Do not become discouraged, total mastery of the Jumon requires a lifetime of dedication. It should not be surprising that the benefits and the ability to perform seemingly superhuman feats come at a high price. Only a true Ninja has the dedication and the patience to complete such rigorous training and achieve such mastery.

POWER OF THE MIND

Each of the five elements also represent five levels of physical, mental and spiritual development. Each takes a longer period of time to master. To learn to be strong and as unmoving as stone often takes little time. This is the easiest level, the plane to which are are closest. To be fluid, dynamic and adaptable as the sea, can take up to twenty years. To become potentially as explosive and aggressive as fire can take up to thirty years to master. Becoming as wise and benevolent as the wind usually comes late in life. Finally, to reach the spiritual plane of the source element, is to know and master everything. Union with the void often takes an entire lifetime. Masters and Grandmasters achieve this, often when they are very old. A Ninja must concentrate on obtaining mastery of these five levels of knowledge, wisdom and power one at a time, while continuing to practice all five. Constant dedication and practice are required.

CHAPTER THREE

The Kuji-kiri

The Kuji-kiri are the symbolic nine cuts of the Ninja used to summon and direct internal energy. The Jumon power grid consists of all nine cuts, performed in a different way, to summon the entire power of all nine. A tenth cut, Juji, is added to complete the cycle, allowing the Ninja to disperse and absorb the summoned power. This section of the manual is divided into two parts: The first part will describe how to perform each of the nine cuts separately and what their benefits are. The second part will describe how to perform the Jumon power grid.

PART ONE

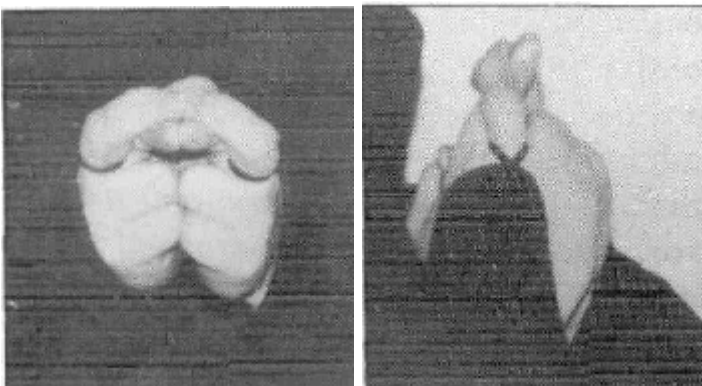
I. Rin

Rin is an extension of the fire element. See Photos 3.1,3.2 to learn how to form Rin. Use neutral breathing with Rin, or Phase 1 of positive breathing, for greater effectiveness. Rin is the symbol for power. It primarily enhances physical power, increasing and directing it, but it also has a secondary function of increasing and controlling mental power. Through Rin, a Ninja gains might, knowledge and the courage to accomplish a task. Rin strengthens both the body and the mind. The disadvantage of the influence of Rin is that it may cause a Ninja to use force where force will not prevail. Strength is useless against superior strength. Uncontrolled positive breathing with Rin may cause heart failure.



2. Hei

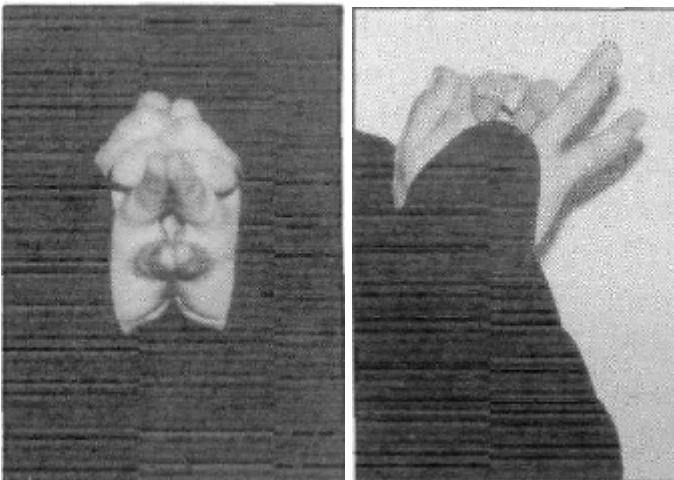
Hei represents the ability to focus power. Perform Hei as shown in Photos 3.3, 3.4. Use neutral breathing and Phase 1 of negative breathing. Physical energy can be more effectively directed to do the will of the user, but this is a secondary function. The primary purpose of Hei is to generate psychic power. One of its functions is to mask one's presence and thoughts from others. In conjunction with other techniques, Hei can be used to augment a Ninja telephatic powers. The danger of Hei is that one will often hesitate to use physical force when it is needed.





3. Toh

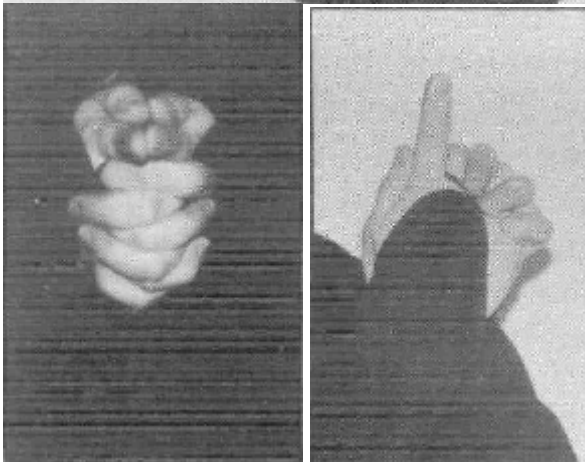
Toh is a combined extension of earth and water forces. Use neutral breathing, and execute Toh as shown in Photos 3.5,3.6. The physical benefit of Toh is overall good health, from a balance between the solid and liquid states of the body. This is helpful for rest and healing. Mentally, meditation in Toh can yield a greater harmony with the universe. This can be used to become psychically invisible to the untrained mind and at higher levels, a Ninja can learn to control animals. For example, guard dogs will not notice, bark at or attack a Ninja who can master Toh. Toh is used to establish physical and mental balance and harmony. This balance can be used to succeed in the physical world. The danger of Toh is falling into a trance of sublime carelessness and overconfidence.





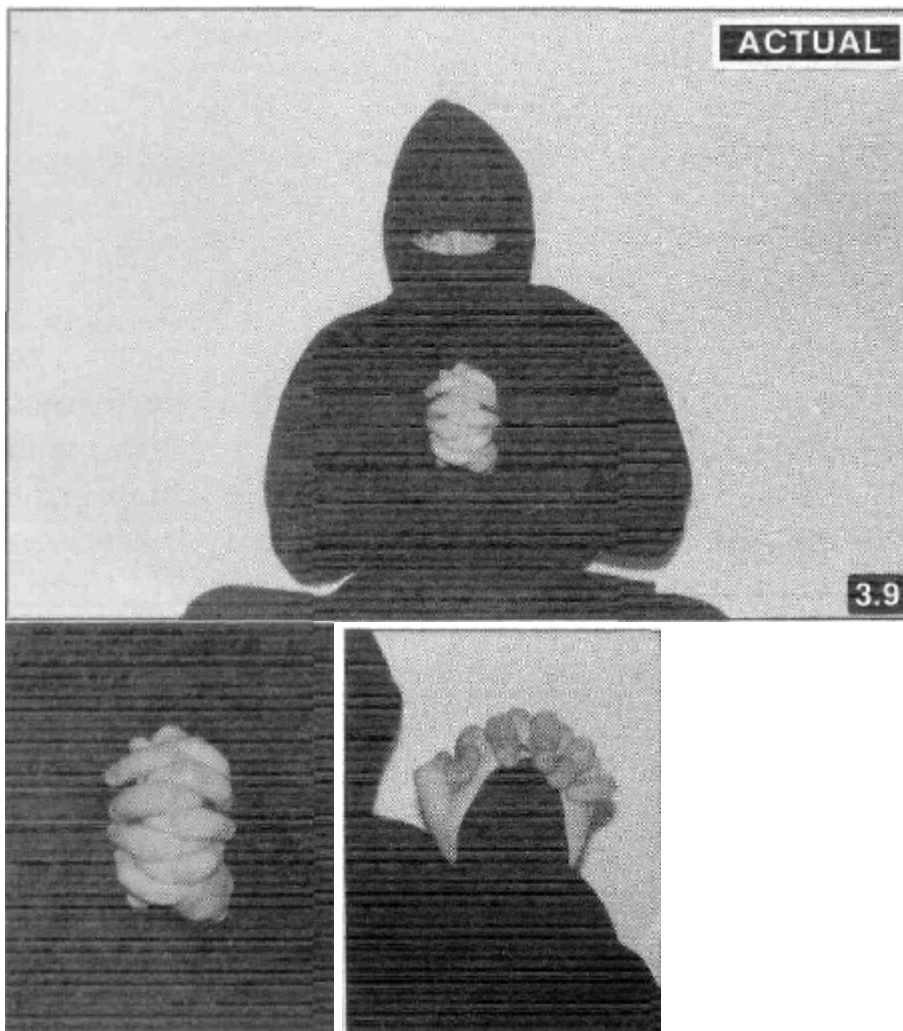
4. Sha

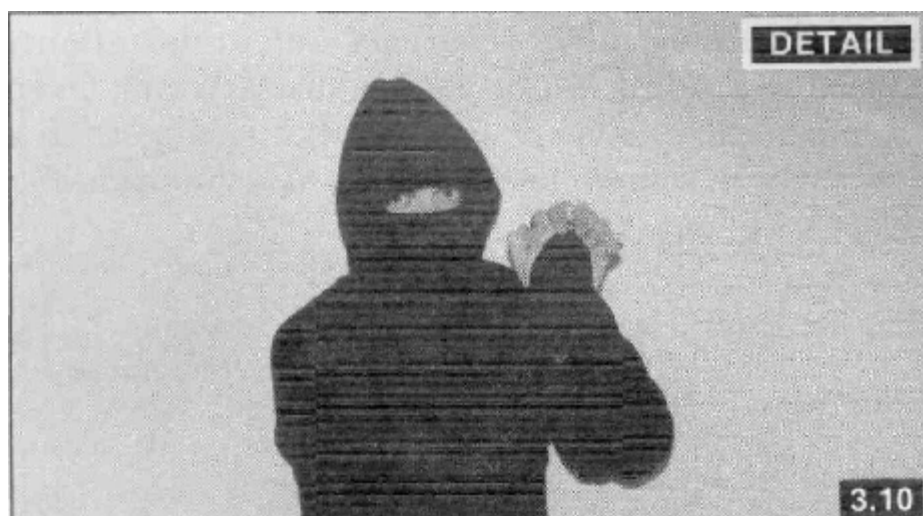
Sha is an extension of the wind mode, Photos 3.7,3.8. It is used with positive, neutral or negative breathing to respectively heal, diagnose or cause injury. Physically, this technique weakens the body momentarily. For a short time, the organs of the body are weakened and the internal energies are depleted. Mentally, Sha gives a Ninja awareness of the bodily functions of the self and others. This knowledge can be used to heal or harm. In this way, Sha gives the power of life or death to a Ninja. Not only does it allow a Ninja to be aware of the body, but it channels the internal powers of one's own and others' bodies to help or hurt them. On the disadvantageous side, Sha drains the body of the user of its energies momentarily, leaving the Ninja vulnerable for a short time. To gain powers over life and death requires a price. Sha should not be taken lightly or used very often. **PRACTICE SHA ONLY WITH NEUTRAL BREATHING.** Once a Ninja develops the awareness, then the assistance of an instructor may be needed. Overuse or misuse of Sha may result in disease or internal injury.



5. Kai

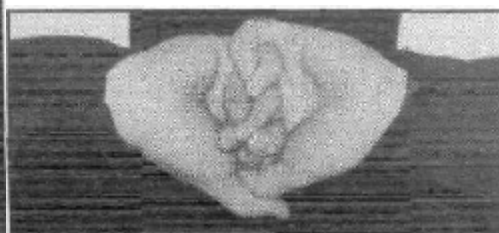
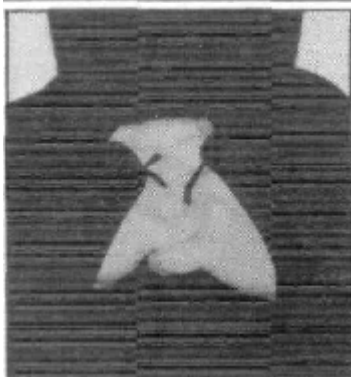
Kai is the Kuji-kiri symbol for awareness and control. See Photos 3.9, 3.10. It is used with neutral breathing and Phases 1 and 2 of negative breathing. The physical effect of Kai is complete control over the function of the body. The mental effect is the sharpening of psychic awareness. Kai is used, first of all, to control the body. Ninja can use Kai to resist moving, sneezing, coughing, itching and even the effects of the elements, extremes of heat, cold or other discomforts. At advanced levels of mastery, a Ninja can enter into a state of controlled hibernation that can even resemble death. At the psychic level, Kai gives Ninja ESP powers to sense presences, dangers and even to see the near future in advance. The dangers of Kai, especially when combined with negative breathing, are a dangerous psychic trance, respiratory and heart failure and death.





6. Jin

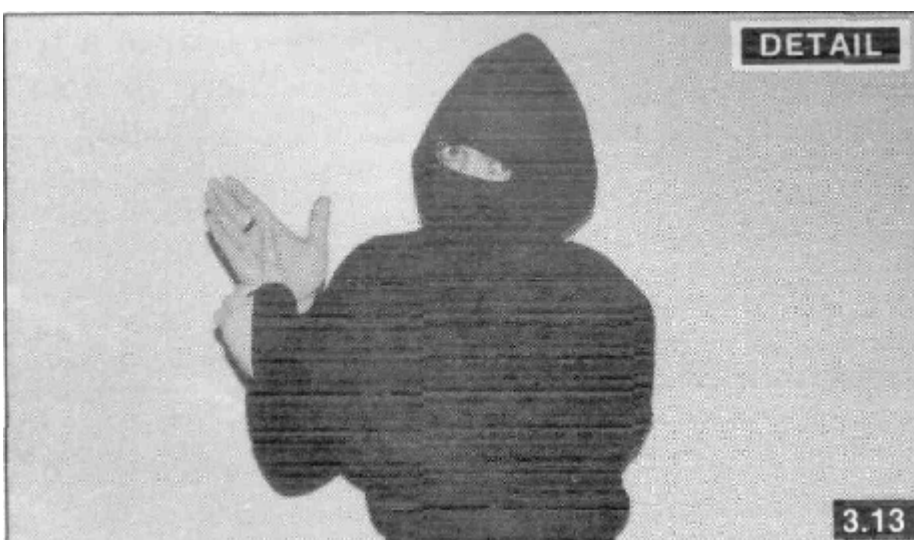
Jin is the symbol for telepathy. It is performed as shown in Photos 3.11, 3.12. Neutral breathing is used. At the physical level, Jin lessens physical energy. At the mental level, however, Jin greatly increases the mind's telepathic powers. Jin is used to read the character, the emotions and the thoughts of others. Not only can it mask one's own thoughts from others, but it can also present a false impression or mindset as well. A disguise, for example, must be mentally perfect as well. A beggar must not only look like a beggar, but he must also appear to act and think like a beggar. Through Jin, a master Ninja can communicate with other telepaths or defeat such attempts. Beginners will often only be able to sense impressions. Actual mind reading is possible only as a student continues to advance. The danger of Jin is that some people can sense its use, especially when novices use it. Unskilled use will almost always attract unwanted attention, exposing a hiding Ninja or a disguise attempt. Overuse or misuse can also cause mental strain, migraine headaches, edema (brain swelling), bursting blood vessels and death.



7. Retsu

Retsu, shown in Photos 3.13-3.15, is the sign of telekinesis, and is used with Phases 1 and 2 of negative breathing. This cut can affect one physically by controlling the body temperature and bodily eliminations. Mentally, it gives a Ninja telekinetic powers. Retsu is used in a variety of ways. Through it, a Ninja can cure constipation, diarrhea and control the body temperature to stave off frostbite, hypothermia, fever and heatstroke. Psychically, Retsu allows a Ninja to stun opponents with a telekinetically enhanced touch, shout, glance or mental blast. Ninja masters can kill with these techniques by attacking the brain of an enemy. The effectiveness of such techniques depends on the level of a Ninja's advancement. Often a novice will only be able to daze enemies just long enough to attack or escape. Another use, at higher levels of mastery, allows Ninja to freeze time within a range of up to six feet with psychic concentration. Misuse of Retsu can lead to fever, headaches, constipation or diarrhea and infection of the urinary tract.





8. Zai

Zai symbolizes the extended harmony gained by merging with the universe. It is the symbol for true invisibility, Photos 3.16, 3.17. Use neutral breathing with Zai. Under the influence of Zai, a Ninja feels physically in touch with all the elements, to the point of being a part of them. Mentally, the Ninja perceives this harmony even more acutely. Instead of utilizing the manifestations of those elements within the self, the Ninja psychically merges with them. Ninja use Zai to develop the ability to pass unnoticed through the universe. At the highest levels of achievement, a master Ninja can walk without leaving footprints or making noise and they can also become truly invisible. By merging with the elements, a Ninja cannot be detected. Zai is difficult to master and comprehend and it is equally as difficult to put into words. Instruction from a master Ninja will be needed to complete training in Zai. Dangers associated with this technique are edema, coma and death from entering into a trance from which one cannot awake. There is also the extremely rare risk of spontaneous combustion.



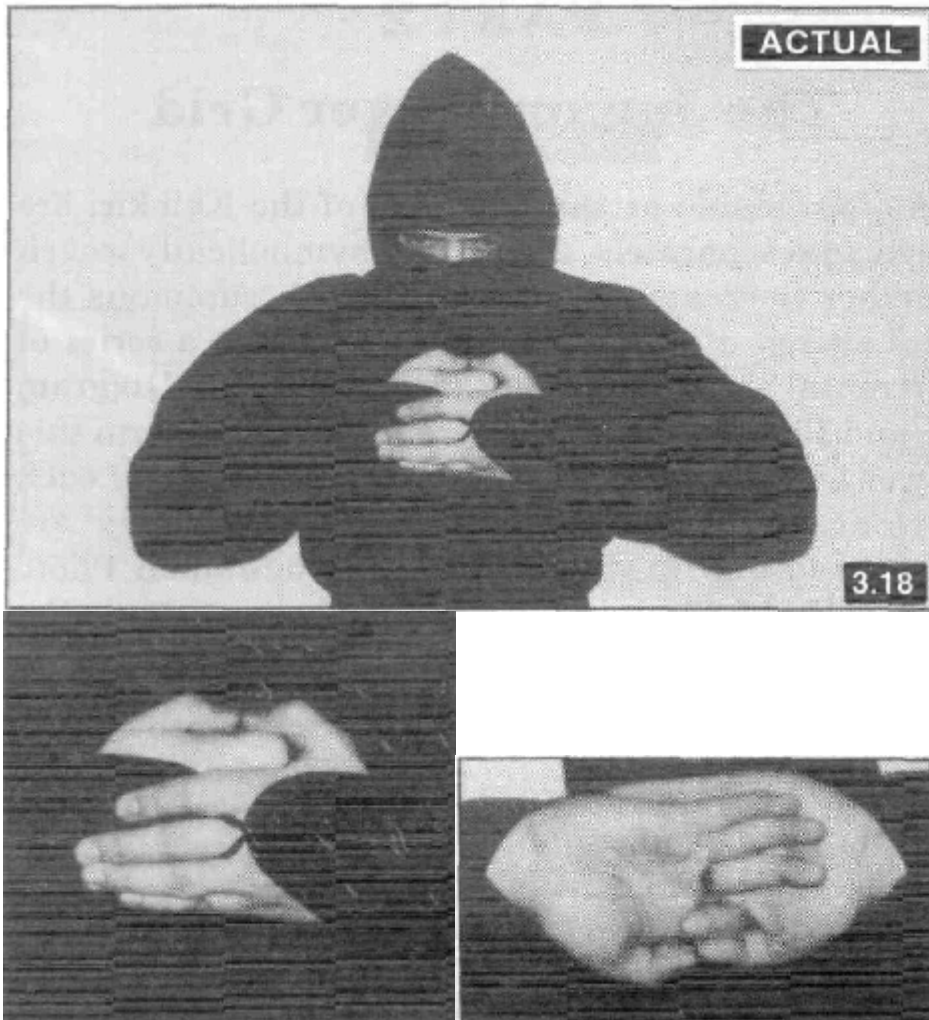
DETAIL



3.17

9. Zen

Zen can best be understood as the representation of understanding. Form Zen as in Photos 3.18, 3.19, and use neutral breathing. The virtues of this technique are total physical and mental control, once it is mastered. When a Ninja attains Zen, he becomes enlightened according to the self and all things. This approaches pure thought, knowledge, wisdom, omniscience. Very few Ninja Masters ever obtain this level of development completely. Those who do often experience out of the body experiences or obtain powers of divination, they become visionaries. But Zen is a goal to strive for always. At lesser levels of advancement, novices will develop greater patience, knowledge and wisdom through Zen. Zen has no disadvantages. It is the highest level of advancement. Once obtained, a Ninja can completely master the self. In a sense, once the self is mastered, in many ways it ceases to exist. Perfect contentment is found. All things are possible at any time.



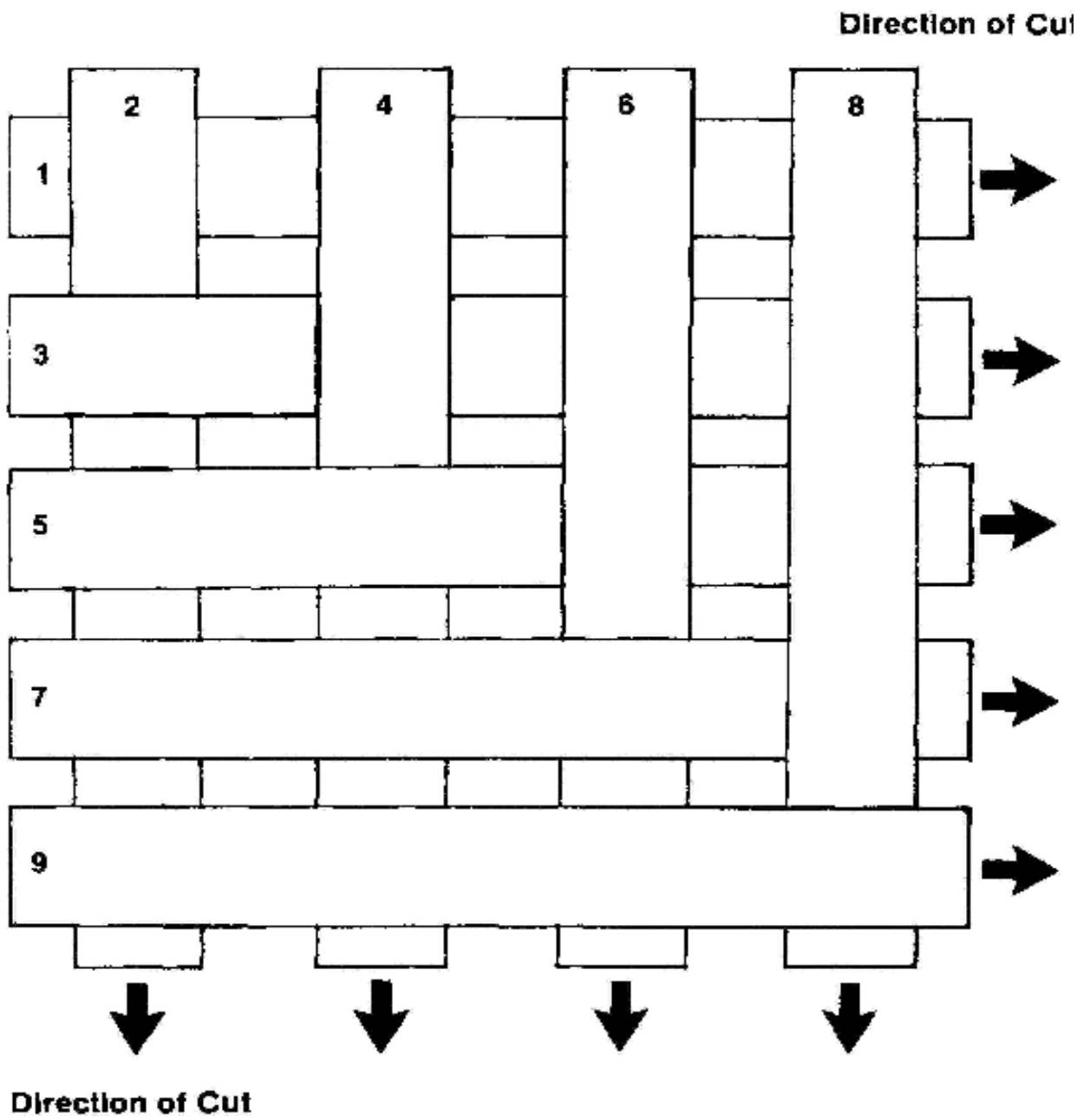


PART 2 The Jumon Power Grid

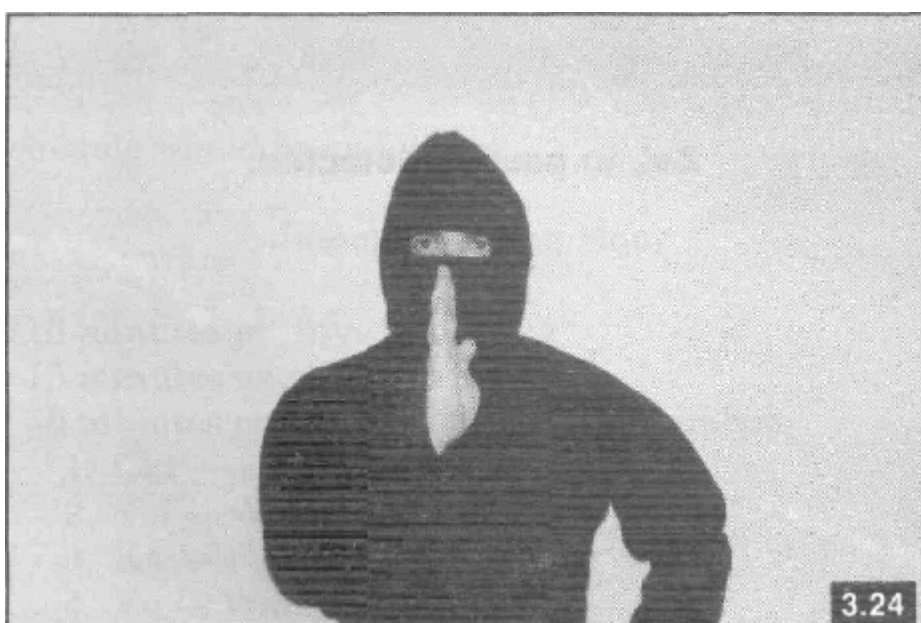
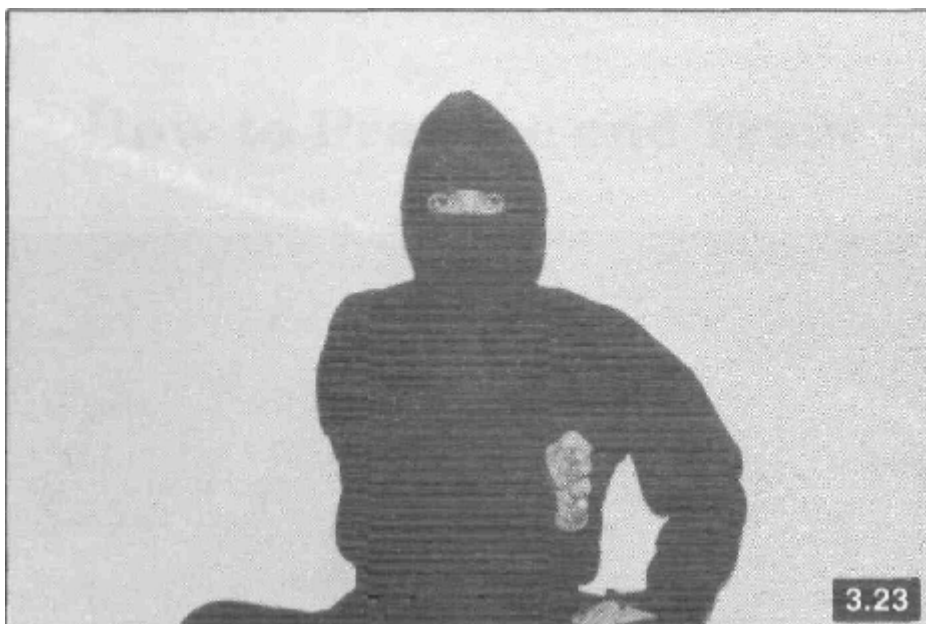
As formidable as the nine cuts of the Kuji-kiri are when used separately, they can be symbolically woven together to create a power grid which summons the total energy of all nine symbols. Through a series of horizontal and vertical cuts, as illustrated in Diagram 3.1 and Photo Sequence 3.20-3.23, Ninja can form this power grid and tap into its power. The names of each cut can be spoken silently or aloud as they are performed. Juji, the final tenth cut of the Jumon, Photo 3.24, is thrust straight out from the body and into the center of the grid to absorb its power and disperse its formation. Ninja may invoke the grid with a sword, using nine actual sword cuts and a final tenth cutting thrust in the same manner as with the hand. This is used as meditation, ritual and in preparing for combat, especially when two Ninja formally duel with swords. Ninja use the power grid to summon the complete power of the Kuji-kiri when it is needed for a short period of time. In this way, a Ninja can call upon any of the powers automatically, without having to pause to trigger or summon them. Obviously, only experienced Ninja who have, to some degree, mastered all of the techniques can make use of the power grid.

Progress in the Kuji-kiri will be gradual, but a Ninja must dedicate himself to the Silent Way. Just putting the hands together in various ways will not accomplish anything. Doubt and laziness will quickly destroy any chance for learning and progress. Discipline and dedication are integral to the life of one who would be Ninja.

DIAGRAM 3.1









Zai, to pass undetected.

CHAPTER FOUR

How to Practice and Train

To succeed in all things, a Ninja must accomplish three objectives. He must:

1. KNOW
2. DO
3. ACCEPT

This can be applied to Jumon training as well. At the most basic level, a novice knows what each finger represents, how to breathe properly and then he must memorize each of the hand symbols. A Ninja must be able to form the hand symbols instantly and without needing to look to see if the fingers and hands are positioned correctly. Until this is achieved, no other work can be done. Practice learning these techniques for at least one hour each day. A minimum training schedule would be as follows:

Jumon Training Hour

15 minutes positive breathing 15 minutes negative breathing 10 minutes on the Five Elemental Symbols:

1. Chi —Earth
2. Sui — Water
3. Ka — Fire
4. Fu — Wind
5. Ku — Void

20 minutes on the Kuji-kiri (the nine cuts)

1. Rin — Power
2. Hei — Focus
3. Toh — Control
4. Sha — Life or Death
5. Kai — Awareness
6. Jin — Telepathy
7. Retsu — Psychokinesis
8. Zai — Invisibility
9. Zen — Understanding

(Do not attempt the power grid until adept at each of the nine summonings separately. Neutral breathing is not included in this schedule separately because it is a part of many of the techniques and should be practiced at all times until it becomes normal and automatic.)

This is only the beginning. To know a thing is not enough. One must do.

At the second stage of Jumon training, the novice must ACT upon what he has learned. This is accomplished by meditating for one hour each day on one of the fourteen techniques. This will take fourteen days (two weeks) to complete a cycle of meditation on each of the techniques described in this manual. Then the cycle would repeat. Such a schedule would work as follows:

Day	First Week	Second Week
Sunday	Chi	Toh
Monday	Sui	Sha
Tuesday	Ka	Kai
Wednesday	Fu	Jin
Thursday	Ku	Retsu
Friday	Rin	Zai
Saturday	Hei	Zen

REPEAT

During meditation on each of these techniques, a Ninja should maintain proper breathing and concentrate on the purpose of each technique. As time goes on, with persistent practice, the Ninja will become better and better at tapping into these inner forces and will require less and less time to summon them. Finally, after what may be years of dedication, a Ninja will be able to trigger them automatically. The length of such learning cannot be predicted or gauged; it will be longer or shorter according to the individual and his training. Once a Ninja can enter each of the modes instantly, he can begin working on summoning the power grid. This may require the assistance of a Ninja

Shidoshi or instructor. The normal time period for this basic level of mastery is approximately fifteen years. Most Ninja begin training at age five and reach a level of basic mastery at age twenty. But Jumon training can begin at any age and can progress either faster or slower with older practitioners, depending on factors already mentioned. This is the second stage of Jumon training. To do is to act upon the knowledge one has gained.

The third and final stage of Jumon training is to accept. This is a dynamic, ongoing process of continual practice, meditation and honing of the internal forces that will continue for the rest of one's life. The third stage of mastery is difficult for some people because they cannot accept what they can do through Jumon hand symbols. After small successes, they become discouraged, unaware that their own doubt and impatience have placed a barrier in the way of further development. Often a master must point this out to them. If a person thinks something is impossible, then it will be impossible. Acceptance of the possible makes further progress attainable.

Once a Ninja reaches the third stage:

He knows

He does

He accepts

But progress does not stop there, it never ends. Of course a Grandmaster of Ninjitsu, after a lifetime of dedication, can perform feats that will seem magical to novices or the ignorant. Others can also achieve this mastery, if only they will seek it fervently.

CHAPTER FIVE

Applying Jumon Training

Each of the Jumon techniques can be utilized according to their specific abilities as described in this manual. It is up to the individual Ninja in a specific situation to decide upon what modes or strategies will be useful and effective. But there are other areas of Ninja expertise which are closely related to the Jumon, if not a part of it. Some of these techniques are difficult to describe, and dangerous to practice. This manual cannot describe everything. Remember, there are 81 hand symbols altogether; this manual only covers 14, but two related areas must be mentioned. These are Kiai-jitsu (the shout art), and Saiminjitsu (often translated as the art of mind control or hypnosis).

Kiai-jitsu

In Kiai-jitsu, a Ninja directs psychic, sometimes telekinetic force through the sonic capabilities of the voice. This technique is often used in connection with Retsu and Phase 1 of positive breathing.

The effects of Kiai-jitsu will vary according to a Ninja's level of proficiency and are hard to understand by the average person. But just as certain sounds and pitches can cause discomfort and headaches, sound coupled with psychic energy can be used to hurt, stun and even kill enemies. At first a novice will only be able to cause an opponent to hesitate, but his hesitation can provide an opening for attack or escape. At best a novice will only be able to stun an opponent for a few moments. The ability to use Kiai-jitsu improves along with one's Jumon progress. Ninja masters become so aware of the minds of the ignorant that it is an easy matter to attack their minds with telekinetic power through a touch, a shout (as with the shout art), or even a glance.

Saiminjitsu

Saiminjitsu is closely related to Jin, the use of telepathy. This art is divided into three main areas:

1. Contact
2. Conditioning
3. Control

Manipulating the thoughts and ideas of others for one's own advantage requires a highly developed telepathic awareness and a working knowledge of human character and behavior.

In the contact phase of Saiminjitsu, a Ninja must evaluate or size up the subject and decide upon what kind of mindset he is dealing with. What are the strengths and weaknesses of the person, and how could a Ninja use them to his advantage?

Once a profile of the subject is formed, the Ninja can use Rin to make contact with the subject's mind, forming a psychic link. Usually the subject will be unaware of this. If the Ninja is known to the person, the subject may feel that he is on the same wavelength with the Ninja. This is the first phase.

In the second phase, conditioning, a Ninja can begin to influence the mind of another. Through physical, verbal and telepathic cues and suggestions, a Ninja can impress certain images or ideas into the mind of the subject. This is done so skillfully that the subject thinks that he has decided to come to a certain conclusion or course of action on his own. He may see the Ninja as merely supportive or even opposed to his decision, when he is actually doing exactly what the

Ninja wants. Even in physical combat, a Ninja can confuse and trick opponents into thinking he is hurt or unskilled. Ninja can also cause them to expect the Ninja to do certain things and then defeat that conditioning by doing something else that is not expected.

Actual mind control, the third phase of Saiminjitsu requires great psychic power. Subjects can be hypnotized while they are asleep, drugged or relaxed and not expecting any mind attack. But it is important to remember that a person who is hypnotized will NOT knowingly do anything to harm himself or others. In essence, a hypnotized person will not do anything that is beyond the limits of his character. At the highest levels of mastery, however, or with the aid of drugs, a few Ninja Masters have been able to completely take over the minds of others by sheer force of will. But this is rare, and the effect of mind control drugs on subjects cannot be predicted. It also requires great power, skill and concentration. Even then it is very draining and dangerous. It must be remembered that usually the subjects lose consciousness. Mind control begins with the Ninja being in complete control of his own mind. Some people naturally develop the ability to influence other people to a certain degree. Such people often have a very strong presence and charisma and make powerful leaders. They

inspire loyalty and devotion among their followers and friends and instill fear and confusion among their opponents. Unfortunately, this natural gift is often misused for evil in the undisciplined hands of normal, ignorant people. An enlightened Ninja develops and perfects such power to make the universe more harmonious.



Kai, can be performed in any position, anywhere.

AFTERWORD

The legendary powers of the Ninja may seem like magic to the unenlightened. They are, in fact, the culmination of a lifetime of physical, mental and spiritual dedication. It is not that such feats are impossible and therefore supernatural in origin, they are just as natural as breathing and moving, a part of the life energy which everyone shares. They seem amazing only to those who cannot execute them, or learn how, because they will not. Within themselves, all people have the potential to accomplish seemingly miraculous things, but the simple fact is that they cannot because they do not. The awareness a Ninja has of the infinite potential within a person and within the universe is the key to accomplishing all things.

Toshitora Yamashiro,

Grandmaster of the Nine Shadows of the Koga Ninja