



Ninja Volume 1: Spirit of the Shadow Warrior

Stephen Hayes

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The first installment in Hayes' epic Ninja series introduces the reader to the building blocks of ninjutsu: basic postures, the natural elements that correspond with fighting techniques, weapons, and the "scheme of totality." The author also teaches meditation exercises to strengthen one's consciousness and decrease reaction time. The seminal book in Hayes' best-selling collection, it provides the reader with the tools to start his path in the Togakure Ryu tradition.

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