

**Ninja International  
&  
Tesaihiryu Ninja  
PRESENTS**

***Teaching Ninja:*  
The Learning Curve**

**Teach Tesaihiryu Ninjutsu**

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in writing from the author, except for brief passages  
in connection with a review.

Additions by: Bob Hagan & Kellyn Henderson

Always consult a physician prior to starting any physical regimen .

**Did you ever find it ...  
what you were looking for?  
As a child, this fire wells inside us, it tells us that we have something  
special planned for our lives.**

**Did you ever find out what that was ...  
  
or did you let it fade  
and accept yourself as just another somebody?**



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Throughout these texts you will find hyperlinks to tools, training videos, and further education on different aspects of the techniques found within.

These hyperlinks are referenced at the end of the manuscript for those reading the paperback.

## About the Author

Jay began his martial arts training at five-years-old. Raised in Lutz, Fl where he trained in a Tae Kwon Do dojo. After some life tragedy, at a young age, he took up Ninjutsu by studying the volumes of Stephen K. Hayes and Ashida Kim. Later, his family moved to Nashville, Tennessee where he furthered his studies throughout middle-school under the guidance of his Jujitsu instructor. It was here that he met his first life-long friends in Ninjutsu, and passed along some of his martial arts knowledge to them in exchange for their knowledge in spirituality and focus.

Before starting high school, Jay was shipped to Atlanta, Georgia when his father got a new position and Jay began studying Ninjutsu at the Bujinkan Dojo in Atlanta under the direction of world renowned ninja, Bud Malmstrom. Here he began teaching his first two students from home. A relationship that continues to this date, and brought with it the deeper knowledge that a disciplined life reveals. It was also here that Jay met Raymond Miller, a Jeet Kune Do practitioner and a Bruce Lee advocate. Raymond's thirst for knowledge fused a relationship with Jay that produced an exchange and partnership that would lead to the techniques of taijutsu that are now called Tesaihiryu Ninja. After high school Jay moved to Memphis where he trained under the guidance of Kang Rhee in the art of PasaRyu Kung Fu. Kang Rhee prided himself on the fact that he presented Legend Elvis Presley with his black belt.

In 1999 Jay decided to further his training by joining the Navy, where he attended Bud/s class 243 with the Navy Seals. After his service he enjoyed many years as a chef. In his free time he returned to writing novels and short stories while publishing on the side. He soon was taken under the wing of Mircea Petre, the world's greatest teeter board artist, who schooled him in advanced gymnastics. He paid for his training by assisting Itamar Eylon, a Krav Maga expert, with teaching kid's Tae Kwon Do, Junior Grappling, and men's Brazilian Jujutsu classes. Our students went on to take all of the titles during the Naga International's, kid's beginner division.

He now lives in Bradenton, Fl with his wife Angela, and four children, who are aspiring martial arts instructors of their own. Currently his goal is to open a facility which caters to children and adults who have no where else to train. A place with tumble tracks, climbing ropes, parallel bars, scaling walls, and gym equipment for the day-to-day martial artist.

## About Tesaihiryu Ninjutsu

Tesaihiryu Ninja was developed over twenty years after its first three members began at their homes back in nineteen ninety. The art sprang up in the light of each persons' individual acts of expression. Many claim that self-taught individuals are often misinformed. This can hold true, however, if he who teaches also accepts himself as a student in the great *classroom of the arts that are martial*, the party can stay opened to growing education wherever they find it. This is apparent in their own mistakes as well as those of other's; especially each other's.

Picasso can lead you to the canvas, teach you brush strokes, and provide you with the right palette, but he can never provide you the inspiration that made his art world-renowned. It is the same way with martial arts. We strive to bring the *art* back to the world.

After a brief introduction and some inspirational words from the author, each book will be presented in sections.

Section one will provide a transcribed copy of a lesson that has been performed in the field. These are written formats of sessions carried out by Chunin (middle men) of Ninja International. Each lesson is transcribed (kept in writ) for numerous reasons. One, being to notify the home practitioner of the general direction in which the Clan is moving. Also, of course, written copies are kept on file as books, which can serve future generations to fall back on. Whether you utilize these descriptive lessons to teach a student of your own or to only train yourself, is up to you. But, remember, *there is no better learning than to teach!*

Section two, will generally consist of information from various practitioners of Ninja International. The input you find in this section may or may not be the views nor the techniques of the author. They will be included, nevertheless, for we all are students. Use section two as a treasure trove of abilities which can be muscle memorized, and add to your own tome of martial arts understanding.

In the third section, you will find definitions of tactics that may be utilized in the field, were a mission to arise. Use these in conjunction with the provided sample mission plan to train as if you were selected.

Section four is a straightforward list of movements brought to you by members of the clan that practice from home, and their definitions. These tactics are experimental and are intended to provide you with an array of choices for *your* particular style; for everyone is unique.

Lastly, you will find a section that is designed to help you learn the terms you will need if you are to be plunged into a Ninja Mission

suddenly. Knowing these terms will be the only way for you to communicate during espionage.

Subsequent volumes will generally follow the same layout.

## **TRAIN WELL**

## Introduction

Now that you have decided to take up this endeavor mentally, you must begin by showing your commitment and planting it in your life in a physical sense. You can do this by first deciding to treat your body well so that you may advance yourself as quickly as possible. During your time here, you will completely change your life and enhance your disposition in the world. You will move up the scale of awareness until you are conscious of *being*; what some would call, better than the average man and of course from there you will move on as well.

If you wish to attain success as a martial artist you must begin to put the idea to the forefront of your mind. This will also happen of its own accord if left unattended, but if your point being is to become the best you can become, that can only happen by attending fully to the point at hand. Only when you have decided with a whole heart to pursue an endeavor, can the best, ever be achieved. If not wholly, then what? There will always be the possibility of another spending more time on the same endeavor and achieving better results. This, in no way, means to hasten your pace in life. But, only, to be wholly and continually aware of the task at hand.

If you are here to enter into training, then enter into it. A person in training helps the body along by not entering toxins into the body or overindulging. This will save precious energy previously used by fighting unnecessary illness and digesting unnecessary foodstuffs.

This is just an example. There are many things I have done personally as I have grown as a martial artists and Gnostic. Ultimately though, this whole vehicle of learning is not about learning the martial arts, but about bringing to you the means to teach it. Everyone has in them the answers to their questions and only *you* can decide what answer you really want to hear. That's really what it is about. We are here simply to bring you to your awareness of it. Most great martial artists learned from their teachers, and them from theirs. But somewhere down the road, one of the generations had to come to their knowledge by some form of divine inspiration. This inspiration, I believe, reaches to infinite and touches everyone. So, it is not a question of who is chosen to be given that inspiration, but rather who chooses to accept it.

In establishing these grounds, I believe it is time to begin. We will have plentiful discussion in due time. Having said that,

**“Hajime!”**



ALWAYS  
KEEP THE  
THOUGHT OF  
TRAINING  
IN THE FOREFRONT  
OF THE MIND...



## Good Energy For The Machine

The best way to curb your appetite is to stay full on good stuff all the time. That means eat frequently but be aware of what you eat.

<b>All The Time</b> (GUILT FREE)	<b>Frequently</b> (4x Daily)	<b>Occasionally</b> (3x Week)
Bean Sprouts Celery Tomatoes Carrots Fiber Crackers	Hummus Cottage Cheese Bananas Almonds Turkey Swiss Cheese Fruits of all Kinds Low Fat Yogurts	Avocado Peanuts Proteins Fish Chicken

Try and avoid red meats whenever possible.  
 Sugar should be avoided at ALL costs.  
 Always Check Sugar & Fat on Labels!

**Sugar is similar to fat. After processing it likes to stick to the inside of your skin and to the outside of your muscle fiber. Making a layer in between the two.**

**Notice how the skin of a lizard is nearly transparent over its' muscle mass. Not until the introduction of sugars and fats do the fine definitions begin to disappear.**

**Cutting the sugar and fats, will bring back well-hidden definition in less than 2 months!**

**The body needs sugar to metabolize, but you get plenty of sugar from fruits and healthy foods for energy.**

**Beware energy drinks and soda! They are PACKED with sugar, many times more than your daily value.**

## Overview of Ninjutsu

### *Two Interesting Viewpoints*

I have found two different variations of Ninjutsu throughout my long life in martial arts training. I don't mean schools like the Iga or Koga, but rather outlooks. The first, I like to call the Shinobi or Ninjitsu people. The other I call the Shinobu or Ninjutsu people.

What vision I have created in my mind of these two outlooks are quite different. Is one wrong and the other right? Who is to say. I don't think one could exist without the other eventually mustering itself up. Who can say what came first, the chicken or the egg.

The *Shinobi* people, on one hand, have this outlook of ninjas as secret assassins. Defeating their enemy through guerilla warfare. Thousands of troops of dark clad men trained to cheat and stay unseen; the lives of those men and women, like their own swords, expendable; simple tools of the *Jonin* (High Man of the Clan) at his disposal. Ninjitsu is flare and fancy, taijutsu and invisibility. This view is what, I think gets most people intrigued in ninja stuff. So, perhaps it *is* necessary.

Then there are the *Shinobu* people. The people who have delved in to the history of this way of life and found ninjas to be, not assassins, but highly disciplined warriors who follow a righteous heart. Ninjutsu, is a life-long undertaking of body, mind, and spirit. It is the study of building a Budo Spirit that guides thought, word, and deed through awareness of its presence. It was once explained to me through a simple story:

*A ninja was out with his friends at a bar, having sake while they drank their bud light beers. Little did the ninja know that his friends had informed the bouncer of the ninjas world renowned ninja training. As the ninja sipped his sake, another round of drinks was on its way to the bar for delivery. Meanwhile, the bouncer had decided to have a bit of fun on the guy's behalf. The waitress had just set down the two bud light beers for his comrades and had retrieved the warm bottle of sake to refill the ninja's cup. As the waitress poured the sake, the bottle slipped from her hand and sent the small dish that held the ninja's cup flying off of the bar. In, nothing but a natural motion the ninja side stepped on his barstool leaning low to snatch the small dish before it would shatter on the floor. At the exact same moment, the bouncer tripped over the legs of the stool which were now sideways as the ninja had moved to grab the saucer, and the bouncer (who had just attempted to grab the ninja from behind) toppled into the bar, knocking the ninja's cup of sake off the other side of the shelf and breaking the bottle that the bartender had accidentally dropped. The buffoon tried grabbing for the scattering glassware, to save it but was*

*unsuccessful as he in no way expected the ninja to know he was coming. Now the bartender was hollering at the bouncer for being such a bumbling idiot, the friends were clapping, and the ninja was handing the saucer to the bouncer while his other hand rested gently on the man's shoulder. "At least we saved this one." the ninja said.*

As the bouncer saw it, the ninja evaded his attack, and saved a piece of glassware that he had made a mess of, which was enough for him to leave good enough alone. The ninja, on the other hand, had simply saved the dish from breaking on the ground. There was no negative thought from the ninja. Both men got what they wanted, and the ninja continued his sake. It wasn't until later that his friends would inform him of their loose lips.

In this example you can see that many coincidences led to many different viewpoints. Is it not the righteous who should lead a life of blissful ignorance?

The *Shinobi* people, are not wrong, per se, they simply have a different 'why' that they train'.

But *Shinobu* people know that the strongest 'why' to do anything is in the purpose of righteousness.

Ask yourself 'why' am I taking up this life-long endeavor, and you will surely know which one you are.

## Lesson One

Some of you have previous experience in many styles, and some of you have not. Either way, I will contrive to bring to you samples of equal importance. Being that this is your first lesson in your own style of martial arts, I believe it would be best to ask a few questions. Ask yourself: How do I feel in my body? Am I comfortable in a healthy sense? Do I feel I lack cardiovascular or muscular prestige? Are these things acceptable in *my* lifestyle? Do I need work on my flexibility? What type of movements am I comfortable with? What are my strengths and weaknesses? And most importantly- What are my interests?

All these things, in truth, everything, will affect your style. Past all of this we will eventually come to the questioning of how to perform techniques. Beyond that, perhaps how to make those techniques faster. And even further along, perhaps how to make those movements more natural. I am here to squire you along the most direct route to success, and coincidentally, the natural learning by trial and error is not that route; though it does play a larger role than you now realize.

## Donning the Mask

A secret identity has always been revered as powerful among the stories and big screens across the centuries. Indeed, nothing made me feel more special, as a child, than the knowledge that I had something special; that I knew something secret.

This feeling of secrecy is what inspired me to start Ninja International many years ago. I had the idea of teaching Ninjutsu through my writing via the mail or internet, and sending out shirts to the clan members to wear with Japanese calligraphy on them, known only to the clan. Thus, if one wanted to be recognized by fellow clan members, they could wear the shirt and eventually find a training partner without revealing their identity to the public.

That was many years ago, but the concept remains clear to me. As a member of Ninja International, the unique possibility of being called upon, to attend ninja missions, is what motivates our practitioners to stay dedicated to their training. Less they get the once in a lifetime call and be unprepared.

The same kind of motivation, comes from putting on a uniform associated with your training. You can purchase pieces of your training outfit anywhere you choose. If you would like to get a [Ninja International Shirt](#) to top off your uniform, it can be purchased [here](#).

A whole *shizoku* (uniform) can be bought [here](#), relatively cheap. I have always preferred to personalize, though. I find [these pants](#) to be free flowing; [click here](#). I customize mine by sewing elastic into the ankles and by adding velcro or snaps at where the waist comes together. If this work troubles you, you can order prefabricated pants by contacting us through our website at [NinjaInternational.com](#). If you want *tabi* (ninja footwear), the outdoor variety is recommended; [found here](#). Arm guards; [here](#).

Clan only t-shirts are available through us, if you are one those who wish to remain secret. You must contact us through [NinjaInternational.com](#) with your credentials.

Finally, the ninja mask. I like to give out masks at a key time in a student's advancement, for sentimental reasons. Then I like to take the mask back at another point, for another reason entirely. It has to do with mastery of the self, and mastery of the unknown.

A mask can be crafted out of a 4x4 foot piece of cotton material. First by folding the cloth into a triangle and placing the eyes through the opening of one side of the shape and out of the other opening. You can pull the material into a tight slit across the eyes and tie it up in the back. Tuck the remaining material into the shirt.





After the mask is tied into place, it can be altered by removing the top or bottom independently or together, depending on the need. During swimming, for example, the bottom can be slid down to keep from aspirating water in from the damp cotton.





The mask, like all other equipment is a versatile tool. It can be used in combat as a *kusari fundo*, a basic weighted chain weapon. It can be utilized in climbing tree trunks of a larger circumference. Sometimes you may need to use it as a bag, or tourniquet. The key is to remember in the midst of confusion that you have it at your disposable.

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