



The Ninja Defense: A Modern Master's Approach to Universal Dangers (Downloadable Media Included)

Stephen K. Hayes

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Master the Japanese martial art of ninjutsu with this illustrated, informative guide.

In The Ninja Defense, the classic art of the ninja is updated for maximum effectiveness in modern day situations. *Stephen K. Hayes* is a Black Belt Hall of Fame member and acknowledged "Father of American Ninjutsu." He has distilled and refined the knowledge he has built studying and teaching ninjutsu for decades into a comprehensive self-defense system that can defuse the worst situations the modern world has to offer.

The result is a realistic martial arts training system that includes instruction in techniques and strategies for dealing with:

- grappling, throwing, choking, and joint-locking
- striking, kicking, and punching
- stick, blade, cord, and projectile weapons
- handling multiple assailants and surprise attacks
- overcoming psychological intimidation or bullying

With his revised take on the classical ninja martial arts, the author provides his readers with all the key ingredients—both physical and mental—to emerge safely from unexpected danger. The chapter on mental discipline will allow readers to feel more confident in whatever situation everyday life brings.

The Ninja Defense contains extremely practical techniques that the author honed while serving as a bodyguard for His Holiness the Dalai Lama and fine-tuned through years of teaching. It is the ultimate book for self defense.

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