

# *Ninpo Mastery*



## *101*

*Short But Important Lessons  
for Training the Mind,  
Body, and Spirit*

by

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# **Make Sure You Put Into Your Training Exactly What You Want To Come Out!**

## **4 Areas of Training for Maximum Skill Proficiency In Ninjutsu**

If you're looking to get the most out of your ninja training, and you want your ninjutsu techniques to be as powerful, effective, and efficient as possible, then you cannot rely on only one type of training. Mastery in ninjutsu, as in any other endeavor, should be more about skill proficiency, then merely collecting a lot of techniques.

The focus of this section is to explore several "types" of training that, together, serve to produce the kind of power and effectiveness that you want in your ninjutsu techniques - whether we're talking about unarmed self-defense skills, or with any of your ninja weapons,. In fact, I'll be outlining four areas of training that will each provide certain benefits that the others just do not.

When training in ninjutsu, especially if your focus is centered on real self-protection and actually producing real results in the world - as opposed to just learning some cool Ninja moves and earning a Black Belt for that learning - then your training must reflect that intention. In other words, "how" you train, is determined by "what" you want from your Ninja training in the first place!

When training for Mastery with your ninjutsu techniques, you can adjust your training so that the focus is on moment-to-moment awareness, decision-making under pressure, technique accuracy, etc. In addition, certain elements and movements can be separated and isolated so that just these things can be worked on for a higher degree of expertise.

For our purposes here, I will be confining my discussion to just an overview of 4 specific training areas that can give you greater and greater skill levels and a much higher ability to effectively handle and control a dangerous situation with each of your ninjutsu techniques. Ninja training is unlike any other martial art or conventional self-defense program because of the sheer number of skills, ninjutsu techniques, and ninja weapons, tactics, and strategies

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contained within this powerful system. So, it is much more productive to look at training areas, rather than simply focus on given techniques or kata ('prearranged examples for successfully resolving a fight or attack situation').

Here is a basic outline of the four training areas, or types of training, that I give to my own personal students - in order to give them the greatest chance for reaching the level of proficiency possible with their ninjutsu techniques. Please note that the following list is not in order of importance. Each area should be seen much like a pillar holding up the roof of a fortress or castle.

Each is equally important and, as such, they should all receive equal attention during your ninja training classes and/or practice sessions between classes.

## **1) Solo Training**

Sometimes referred to as "shadow boxing," this is where you move through your techniques and skills without the aid of a partner. The primary benefit of this type of training is to understand the "essence" or *kotsu*, as it is known in the Japanese language, of any given technique. Here, you can work to recognize problems in your own balance, alignment of your own body parts, and general movement quality as you move from point to point.

## **2) Target Hitting**

This type of training often either overlooked, or limited to hitting simple, commercially produced and available, foam targets. The point of this training is the development of powerful, slamming strikes and kicks that are capable of breaking up, or driving your opponents body back or down in a real clash. So, targets should be chosen that will give greater and greater resistance in order to allow your body to continue to adapt and strengthen. This way, you will be developing strikes that feel to your attacker as if you were putting a ton of effort in, but to you will be experienced as though you are doing little to nothing!

### **3) Practical Application / Partner Training**

In the world of ninja training and Bujinkan budo-taijutsu training today, this makes up the bulk of class training for most students. In fact, for many, this is often the "only" training they engage in. The benefit of this training is the development of proper timing, angling, distancing, and flow in response to the movement of another person's body. Here, you get to learn to "read" another, and learn how different bodies, builds, personality types, and fight-styles move and adjust to set up and deliver the punches, kicks, grabs, and other attacks that your ninjutsu techniques are supposed to be dealing with.

Be careful though, as only focusing your efforts here will handicap you in the other areas. You will not develop the kind of striking power that you want, and may never isolate the kind of problem and movement-quality issues that the previous methods area much better at giving you!

### **4) Visualization Training**

This is a very important type of meditation practice for the serious practitioner. And, there is more than adequate study and scientific proof in the areas of modern sport science that shows the benefits of this practice method. Here, you don't need a training partner, equipment, or even a training area, because you will be closing your eyes and visualizing ("seeing") yourself executing your ninjutsu techniques, and defending yourself perfectly. This type of training, not only affects your physical ninja training, but it also works to produce a sense of deep-seated confidence and sense of "knowing" how to do things, that you may not have going into the training.

Other types of meditation training which focus on helping to develop your ability to concentrate and hold your mind on one thing - as well as that which trains that part of your mind used to observe, assess, and process - helps to ensure that "all" of you is present, operating, and on-task in the heat of a dangerous encounter. That way, you will have the greatest advantage - the greatest opportunity - for succeeding. You will be operating, body, mind, and spirit - fully present and engaged in a way that will allow

you to produce the greatest results, with the least amount of effort and wear-and-tear on yourself in the process.

The Ninja's self-protection method, known as Ninpo-taijutsu, teaches the core concepts and principles for effective, efficient body movement, and the control necessary for handling real-world situations. And two of the core models used to introduce a student to these fundamental lessons are known as the Sanshin, and Kihon Happo.

The Shidoshi's 12 dvd Advanced Home Study Course on these two important pieces of the training “puzzle,” you'll not only learn the basics of how to perform the models that have been passed down from ancient masters, but you'll also learn the advanced Mastery concepts of...

***Foundation – Penetration – Creation***

Regardless of whether you're a beginner, intermediate, or advanced practitioner of the art – or if this is your first step onto the Path of the Shinobi Warrior, this program will offer new insights, perspectives, and lessons from these humble forms.

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# Martial Arts for Life

## True Masters Have A Reason for Attaining Mastery!

Do you want to give yourself the most important reason to master the self-defense skills and strategies needed for protecting yourself and becoming an expert in your own right? Then answer this life-changing question...

***"How much are you worth?"***

Why?

What does this have to do with ninjutsu, or real-world self-protection training?

Because, doing so will change the way you live every facet of your life!

Can you see that, only those who recognize how much they're worth - only those who have things to accomplish, or see themselves as being an important part of the lives of others - will do whatever they must to make sure that they are safe in this world?

While you may not own a diamond mine, have a job as a world leader, or even serve as a major "mover and shaker" in your own community - while you may just be like the rest of us...

...if you know and recognize your value in the world and you've committed yourself to not allowing yourself to be removed from the world by some degenerate, or losing your life to an accident or a natural catastrophe without a fight...

...then you stand a much greater chance of achieving your goal - of mastering this thing called "self defense."

If you can't... well...

...I submit that this endeavor will probably fair out no better than many of the others you've set yourself out to do.

In fact, the Japanese warrior-sage, Toshitsugu Takamatsu, 33rd grand master of the Togakure Ninja lineage and 8 other martial systems and headmaster of one of the oldest spiritual traditions in Japan once said that...

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***"Only those who have something to lose will truly understand what it means to be a warrior."***

Some of the most serious students and teachers - those who are directly engaged in the process of Warriorship - go through what I call a ***Life Purpose Personal Discovery Process*** as a way to understand this area of themselves and their lives much better. More than just a statement of purpose, this process is not about setting goals, but has everything to do with the person who is setting those goals. It's not about how you should live your life - as if I, or anyone else could, would, or should presume to tell you how to live your life in the first place - but has to do with WHY you make the choices you do, and living true to your self.

It's about the depth and quality of your life.

Now, I'm not here to entertain you. Nor am I here to motivate you.

That's not my place or responsibility.

I have considered these things and have made my decisions about them, regarding my self and my own life. I'm not saying this to impress you. But, I'm trying to impress UPON you that this simple question - this simple exercise - is quite possibly the most important thing you will ever do in taking responsibility for, and taking charge of your own safety and ultimate security.

This lesson doesn't teach you any secret self-defense move or ancient martial arts technique. But, it does have everything to do with WHY you would totally commit your entire being into not just reading about how to become a martial arts master or self-defense expert in the first place, but to take action and take action now... to become this "thing."

Because, as another one of my teachers was fond of saying...

***"You have to be IN the world, to DO GOOD in the world."***

The decision, of course, is yours. But...

What's YOUR reason for being in the world for as long as possible?

Are you missing, or do you need more clarity with the common factor that connects all warriors – regardless of when they lived, where they were born, or what they were called?

Do you have the purpose, vision, and clarity that allows you to live, speak, and act with integrity – to make decisions about how, when, and for whom you will use your skills?

Get more information on Shidoshi Miller's  
***Life Purpose Personal Discovery Process***  
on the **Warrior Concepts** website at:

<http://www.warrior-concepts-online.com/discover-your-life-purpose.html>

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# Training The “*Total Self*”

## Does Your Training Include Skill Development in All Three Aspects of Being a Ninja?

Do you want to become a true Ninja? Do you know what that means? Because, without understanding the true significance of what a Ninja is, you cannot possibly train and learn what you must to become this "thing" that you think you want to be?

Confused? Don't be.

The point here is this...

In understanding what it means to be a Ninja, we must first come to understand just what a "Ninja" is. And once we see that, based on the original Sino-Japanese kanji characters used to write the word, that being a Ninja is being a "person who is capable of enduring whatever the universe can throw at you," then it only becomes a matter of developing the skills necessary to be able to do just that.

This article outlines what are known as the "3 aspects" of an "enduring person," and points to the need to insure that your training must include skills, techniques, and lessons that will make each of these "aspects" of yourself as strong and capable as possible.

According to Masaaki Hatsumi, the current generation headmaster of the Togakure-ryu of Ninjutsu and eight other traditional schools of Samurai and Ninja martial arts, and outlined in his book, "*Ninjutsu: History and Tradition*," he describes the three aspects of the "enduring person," the true definition of what it means to be a Ninja.

These three aspects are the:

- ***Mi wo shinobu*** - the body that is developed, maintained, and trained to be able to endure
- ***Kokoro wo shinobu*** - the mind that is tempered, broadened, and directed for perseverance, and the...
- ***Shiki wo shinobu*** - vision, awareness, and realization that is focused internally and

externally simultaneously for spiritual fortitude and the strength that comes from complete knowledge that is born of wisdom.

Each of these aspects must be trained and developed for the person to be complete and able to handle danger, stress, or challenges that arise, not just from physical combat, but from anything that the world might throw at you.

Each aspect is there as a tool for handling specific types of threats, and is an important part of our sense of whole-ness and completeness - a part of that which we often call being a **"Tatsujin,"** a master, or...

***...a fully actualized human being, living to his or her greatest potential!***

Learn more about these 3 Aspects of the “Enduring Person”, as well as the 8 traditional areas of authentic Ninjutsu training – the minimum skill areas required by ancient warriors if you were to be considered a true Ninja, at:

[http://warrior-concepts-store.com/wordpress/?page\\_id=452](http://warrior-concepts-store.com/wordpress/?page_id=452)

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# Your Training Defines Your Progress!

## Why a Master of the Art Says That, *"Ninjutsu is Not a 'Real' Martial Art!"*

One of the most surprising statements that my students hear from me all the time has to do with the validity of Ninjutsu - the Ninja's Arts of accomplishment - as a real martial art. In fact, I contend that Ninjutsu is **NOT** a real martial art!

I'm sure that you're just as confused right now, as my students are the first time they hear me say this. But, I believe - no, I KNOW - that this is true.

Before I explain my logic, let's take a look at what we find when we explore the conventional martial arts generally available in today's world. Even most of the so-called "traditional" martial systems being taught in martial arts schools around the world today, are no different from what I'm about to describe.

When we think of martial arts in today's world, the general image that comes to mind involves predominantly physical aspects - supposedly the aspects related to physical self defense. In fact, if you and I would walk into a martial arts school right now, we would have no doubt that 95% or better, of what we would see being done, would be the blocks, kicks, punches, or grappling moves that are a part of that system's way of approaching personal self protection.

Of course, we might also see a bit of quiet, Zen-like meditation for a few minutes before or after the physical training, and we might even have a minute or two discussion related to being a better person in life.

Maybe.

So... how is this any different from the art of Ninjutsu? After all, aren't there methods for blocking, kicking, punching, and what-not in the art? And the answer is...

...in part.

You see, Ninjutsu is a composite martial system. It is made up of a wide array of arts that

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could be stand-alone systems in and of themselves. And, what we see as the blocking, kicking, etc., of the art - is not the art itself. These skills are a part of the Ninja's unarmed combat method known as Ninpo-Taijutsu ("the ninja's body skills"), and as-such, is only one aspect - one face - of the overall training.

And, even with all of the weapon arts, military and self defense strategy lessons, and everything else related to combat and self defense - we have still only scratched the surface of this thing called ninjutsu - "the art of the 'enduring person.'"

No. The reason that I say that Ninjutsu is not a "real" martial art when compared to the conventional systems being taught today is because...

...there is more to the art that is NOT related to combat, than those aspects that are.

Again, the way that most martial arts are being transmitted today - in fact, the way that most were developed historically - followed the logic that your primary focus was on learning the skills of combat - and then, as an add-on - as a side-effect of the training - you may develop things like discipline, confidence, respect, and such.

Contrary to this, the combat aspects of the art of the Ninja actually "grew out of" a need to protect the life empowerment teachings that were inherited by the people known as Shinobi no Mono - the name of our spiritual ancestors before the name "Ninja" became popular.

What this means is that the life empowerment, Enlightenment and wisdom-teachings for allowing you to be successful, attain the results you want - for created the life you've always dreamed of living...

...form the core ideals of the art - the lessons to be focused on first.

Then, from this standpoint - from this perspective - our self defense skills have a purpose. And, that purpose is to protect our new life from anything that might threaten to harm it.

It is this focus on Life Mastery - on "waking up" to truth and living in accordance with natural laws - not on fighting - that makes Ninjutsu different from just about every other martial art out there.

In fact, it is this core essence that makes me take the position that Ninjutsu is not a real martial art at all!

So, the question is... "Do you really want to learn the true art of the Ninja, or are you just a "fan" and believer of the "movie-image" characters created by Hollywood writers?

Become a real ***Uchi-Deshi*** "Live-in Student" and immerse yourself in the Ninja's Martial and Life Mastery teachings! If you have the time, resources, and are willing to commit yourself to a very strict regimen of study, practice, and growth... then this might just be for you!

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# No Assumptions – No Clues

## Mastering the Concept of "*Munen Muso*" As You Learn Ninjutsu

It seems that the vast majority of people who are interested in, and drawn to, the art of Japan's ancient Ninja warriors only seem to focus on the "cool moves" and exotic weapons that they see in the movies. To these "fans," the trappings ARE the art, and no amount of discussion or proof will convince them that the image is not the art.

As I remind my own students on a regular basis, the skills, weapons, masks, outfit, etc., that we see in the movies - are not the art. These things, individually, are no more Ninjutsu than owning a car and knowing how to drive makes you a professional race car driver!

What makes a Ninja a Ninja - the power that was passed down from the people originally known in ancient Japan as *Shinobi no Mono* - is not the skills, weapons, or anything else. In fact, most of these things were also known, used, and done by other warriors of the time.

No. The difference is not in what you can see, but what you can't.

The power isn't in the techniques and tricks, but rather in the way the Ninja thinks about, and approaches things - regardless of whether we're talking about combat and self defense, or we're talking about how and where you're going to live your life.

In fact, one of the core skills of a true Ninja is one that gives his or her skills, weapons, and tactics, the power that they have.

Do you understand that?

The thing that makes the Ninja's skills, techniques, and "moves" as powerful as they are, is the mindset that puts them to use - not the "things" themselves.

One of the strategies - one of the mental abilities of a true Ninja is summed up in the phrase "***munen muso***" (pronounced, "moo-nehn moo-soh"). The term itself simply means, "No-thought" / "No-action," but it is what is being pointed to that changes the entire "game" and

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gives the Ninja his power in any confrontation - against any attacker.

*Munen-muso* points to a state of mind that you must have when facing a skilled, determined, and intent opponent. It is not something that you do, so much as an aspect of who you are in that moment. You cannot "do" *munen-muso*, any more than you "do" anger. You are either "angry" or you're not. And... you are either in a state of *munen-muso*, or you're not.

So, what is *munen-muso*? As I said earlier, it really has two aspects to it, but it is the state of being completely neutral when faced with a violent attacker. These two aspects are really reflections of one mind - of one state of being.

One aspect is that of ***munen***, "no thought." This is the reflection of being "neutral" where you aren't looking for anything. You aren't guessing about what he is going to do. You're not expecting anything, and therefor can't be surprised when he doesn't do what you thought he would.

The other aspect, that of ***mu-so***, "no action," is a different reflection of being "neutral." Where *munen* represents an internal state of being, *muso* represents this calm, neutral, grounded-ness on an outward level.

Mu-so, "no-action," points to the "stillness" of your presence and outward appearance to your attacker. You do not send any clues or cues about your intentions so there is absolutely nothing for him to pick up on - nothing for him to use against you.

As you can see, being a warrior - being a true Ninja - is much more than merely dressing a certain way or being able to mimic a few step-by-step kata that have been passed down over time.

So... again... the question is...

Are you just a "fan" of the Ninja? Does your idea of what it means to be a Ninja match some sort of movie image, or...

Are you serious about mastering the real art of ninjutsu? Do you really want to know what it takes to progress through the levels of mastery in this powerful martial art and become all that the word "Ninja" implies?

# Another Viewpoint

## A Different Way For Understanding Why Ninjutsu Is Not A “Real” Martial Art!

***What is Ninjutsu?*** Have you ever thought of that?

To some, it's a martial arts choice among martial arts choices. To others, it's the martial art of the Ninja - these superhero, commando, super-warriors capable of taking on an army of "bad-guys," single-handedly.

But, if you're going to master this "thing" called "Ninjutsu," doesn't it seem logical to first know and understand what that "thing" is? Otherwise, especially with something as deep as Ninjutsu, also known as "Ninpo" in it's higher, philosophical, life-mastery form, you could end up wasting a lot of time, effort, and money - and still be no closer than you were when you started!

I know I talked about this already, but I want to take a look at another way of answering the question that is rarely ever asked... ***"Is Ninjutsu a real martial art?"***

And, believe it or not...

...the answer comes straight from the Ninja's philosophy - not the author's opinion!

It is also important to note that, regardless of the attempts of a group of instructors to force the Ninja martial art into a formal, "official" structure - a "right" way to do it...

The fact remains that Ninjutsu is unlike any other martial art in existence. So much so that I personally don't believe that it is a "true" martial art at all.

As I said before, this is a VERY controversial statement. But here is another reason why I believe that to be true.

And, believe me, this belief is not based on empty opinion, or my own unique way of approaching it. The belief comes from more than three decades – over 30 years - of exploring, studying, and coming to a direct, real world use and realization of what the ancient

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masters of the art and it's philosophy and life-ways, passed down to us.

In the realm of conventional martial arts - as opposed to "True Budo" - the real "martial" or "warrior ways" that were passed down to us from ancient masters - there are certain common factors that are simply outside of the scope and reality of authentic Ninjutsu practice and training.

Some of these factors include:

- 1) Adherence to a set, predefined way of doing things. The presence of a "style" mentality.
- 2) Generally, there is only one school or set of principles being taught. You can see this even in schools where the teacher has attempted to combine styles in an attempt to fill in the gaps of each other.
- 3) A sport, competitive, or recreational focus, and...
- 4) Almost entirely limited to the learning of and use of martial, combative, and self defense skills

To be sure, there are many other commonalities among today's conventional martial arts. But the point is that at least these elements run contrary to the focus and ideals of Ninjutsu. The art of Ninjutsu is not, and has never been limited to "fighting" and self defense. Does it have those elements? Absolutely.

But, in the realm of the Ninja's philosophy... The self defense and combat aspects were developed to protect the philosophical teachings - not the other way around.

In fact, in today's world of conventional and sport martial arts, the student learns or develops life qualities as a by-product of the martial training. Completely opposite the fact that the Ninja student learns ancient lessons and strategies for recreating his or her life to be in alignment with their life-purpose and Universal laws - and then the martial skills are there to protect that life from whatever might threaten it.

In conventional martial arts systems, if a student wants personal development training, it has to be added on or he or she must seek it out elsewhere. In Ninjutsu, it is the personal

development and life mastery teachings that give a purpose to the self defense skills!

In Ninjutsu, the only purpose for the combat skills is for the protection and preservation of life!  
Not for rank, trophies, status, or the elevation and glorification of ego!

Very, very different focus altogether. So, are you looking for a martial art where you can be a "tough-guy" - one where you can win trophies and earn a bunch of brightly colored belts... Or are you looking for something deeper, more significant - something that has stood the test of time and produced Warriors - not just "fighters?"

# Dragon And Tiger

## The 2 Realms of Training in the Ninja's Arts

When you think of a Ninja, what comes to mind? Where does the Ninja's expertise lie?

When most people think of the Ninja, they tend to limit their focus on the armed and unarmed martial skills. But, in reality, there are two, complimenting, realms of training that makes the Ninja what he or she is.

This article shows you how to view these realms so that you can insure that your training is correct and helping you to develop the power, skills, and ability that will allow you to be ultimately successful in everything that you do!

And that really is what the art of Ninjutsu is all about - success.

Regardless of what the Ninja is facing, or what results he or she is trying to produce, the same principles and concepts apply. But, the way these scientifically proven things are applied, could be very different.

You see, the Ninja is not limited, as most people here in the West believe - to the mere realm of self defense and martial combat.

It's ironic really, how, in the West, the Ninja is seen as some kind of super-commando who takes on whole armies of "bad-guys," and defending the weak and oppressed. While in the East - in the land of the art's origin, the focus is on the spiritual and mystical abilities of the Ninja to work his will without apparent action - that is the focus.

Very strange, wouldn't you say?

In the West, the focus is on the physical self defense methods - on purely martial skills and fighting.

In the East, the exact opposite. There, the Ninja is seen as someone who can see the grand scheme of things, and acts invisibly to direct the workings of the everyday world - to influence the outcome of things without ever being noticed.

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So, which is true?

Is it the martial combatives, or the mystical, spiritual, and strategically applied psychology which gives the Ninja his power and made these people the most feared of all citizens within ancient Japanese society?

The answer is... "Yes." Both.

Within the realm of Ninjutsu, there are two realms of training.

They are called the "Tiger realm," and the "Dragon realm."

These two realms are complimenting opposites, but both serve to create the same results in their respective "realm" or "environment."

Just what are these two realms and what do they represent?

The names of the realms reflect the "nature" of the heart that must deal with, operate within, and solve the problems inherent to two very different types of experiences.

The Tiger Realm is the realm of "combat" - it is the realm of warfare.

So, training in the tiger realm represents training in the skills of winning and surviving in warfare.

The Dragon Realm is the realm of "society" - it is the realm of day-to-day, peaceful living.

Therefor, training within the dragon realm is training that allows us to have the tools, traits, qualities, and ability to be successful in society.

Unfortunately, this is not the case with many martial artists. Often, people who are naturally "tigers" gravitate towards the martial arts as an outlet for their aggressive tendencies. They like hitting and hurting people, so MMA and other sport martial arts venues give them a legal, acceptable way to do that.

Either way, when people think of the Ninja, they usually think of this type of martial arts - only more effective, with lots of weapons, and having a fear-inspiring, mystical quality thrown in for good measure.

But, can you imagine what happens if you were to try to solve your day to day problems with conventional martial arts techniques and weapons? Right.

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You face the wrath of society and end up in jail, a mental institution, or just generally limited to people just like you. So, life becomes a series of bar fights, competitions, and harsh living.

So, the Ninja has the skills of the dragon realm - respect, discipline, compassion, etc., to produce results in society. The shadow warrior's psychological skills allow him or her to negotiate, influence, and guide the thinking of others to produce positive outcomes in alignment with the natural scheme of things.

But, conversely, can you imagine what would happen if we took the dragon's skills onto the battlefield - the traits of fairplay, rules, kindness, and nonaggression, to name a few?

Exactly. We'd get killed!

So, contrary to popular thought or politics - it is not an "either - or" decision. The true Ninja knows that in life there is the existence of both realms. And while the Ninja chooses peace over warfare, and would prefer to work his will without action to influence things for the common good...

...he knows that there are those people, events, and situations which require the wisdom, techniques and qualities of the "tiger" - the skills of the warrior-combatant - to regain stability, peace and harmony, so that we can once again return to the realm of the dragon.

# ***Ko Teki Ryoda***

## **A Powerful Lesson For the Aspiring Student of *Ninpo***

How do you sum up the Ninja's philosophy of life, warfare, the workings of Universal justice, and all of the other apparent contradictions that seem to exist with the realm of the Ninja? Because, if you are serious about studying and mastering the art of Ninjutsu - the art and life philosophy of Japan's ancient shadow warriors - then you must understand that your training and skill development will need to involve much more than mere step-by-step techniques, or a few "cool" weapons.

In the realm of the Ninja's martial art of Ninjutsu, or Ninpo as it is known in it's higher order, there are short phrases or "mottos" which act to sum up very deep, and very powerful lessons. And often, it is these lessons that are the most important of all if you are to become a true Ninja - a person who can "endure" anything that life throws at you. This article discusses one such theme or philosophical perspective that you can use to guide your training, your skill development, and your life!

As a part of the yearly training that goes on within at least the Bujinkan Dojo of Grandmaster Masaaki Hatsumi, the current Soke of the 9 primary schools which make up the core training, there is a yearly "theme." This theme is used as a way to focus the training and perspective of teachers and students alike, so that we can look at the lessons in a different way - rather than always seeing them the same way.

One of these philosophical themes was summed up with the phrase:

### ***Ko Teki Ryo-Da***

In fact, Hatsumi sensei painted the kanji for this important lesson for me and it hangs in my office as a constant reminder of the powerful lessons that lie within, behind, and around these simple words.

The phrase itself simply translates to mean: ***"The Tiger Below - The Dragon Above."***

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But, without an understanding of what the phrase is pointing to as a life lesson for the serious student on the Path to Ninja mastery, it remains just a simple phrase.

So, what does the phrase *Ko Teki Ryoda* really mean as a strategic model for, not only training, but for creating the most appropriate and the most effective results in your world?

Good question. And, there are many answers that will work in defining it. But, to reach the deepest levels of understanding - which is the same as the deepest levels of understanding within this powerful life mastery system that is so often limited to a mere martial arts choice among martial arts choices -

...you will need to spend a good deal of time contemplating more than just a bunch of step-by-step kata with strange names - "official forms" that have been passed down by long-since-dead warriors. You will need to re-discover the wisdom that they knew and attempted to pass on for the benefit of the world.

To begin our exploration of this simple phrase, let's take a look at it on the simplest of levels. Let's look at it from the perspective of what was meant or being symbolized by the references to these two creatures.

In ancient Japan, the tiger was seen to be the strongest being on the physical realm of existence. And, even though tigers are not indigenous to Japan, the tiger was seen for its strength, size, and ferocity.

So, the tiger came to symbolize the realm of combat. And training within the "Tiger Realm," is characterized by the martial skills that everyone tends to think of when they think of the Ninja and the art of Ninjutsu.

Conversely, the dragon was viewed by the ancient Japanese, as the strongest, or most powerful, creature on the spiritual or etherial plane. And, even though the dragon is a mythical creature, it was seen as a symbol of inner strength, longevity, grace, and the higher realms of the human spirit.

Contrary to the way the West has viewed the dragon - as a destructive, winged creature that breathes fire and attacks man - the people of the East have a very different view. Where the dragons of the West are viewed with fear and a sense of "awe," the East sees the dragon as an auspicious creature capable of great good.

So, the dragon is seen as the symbolic representation of those skills, traits, and qualities which allow us to lead peaceful, harmonious lives - to go through our lives successfully, as intelligent, beneficial, and compassionate members of society.

So, on one level, the phrase could point to the ideal of the dragon realm over that of the tiger realm - that peace, harmony, and skills which produce success and results in this direction are to be held to be more important than those of the tiger.

But, the phrase can also point to the balance created - and the whole-ness of being - for the Ninja who has the skills to operate, and be successful in both realms. We must understand the "Ninja-Mind" as well as, if not better than the physical skills of warfare. Because it is the Ninja's mindset, wisdom, and perspective that is operating and leading the way, regardless of the realm that we are operating in.

The important thing is to understand that our training does not, and cannot, stop with mere martial arts skills for self defense. If we are to be true Ninja, with all of the meaning, power, and focus that that word implies - if we are to be able to produce results and be successful in any realm - not just in a fight...

...then we must have more to offer the world than just another person who can *"beat someone up!"*

Learn how to live, think, and act like a true warrior of the authentic Ninja Arts. Find out what philosophies and life mastery lessons are at the heart of the ***Ninja Mind!***

Get more information on the website at:

<http://www.warrior-concepts-online.com/ninja-mind-course.html>

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# Where Is Your Focus?

## Is Your Procrastination Preventing You From Attaining Martial Arts Mastery?

It has been found that, approximately one student in 100 who begins martial arts training will earn his or her black belt. Only 1 in one hundred! And yet, there are many more who dream about, think about, and consider taking martial arts - but never do.

This chapter explores the self-limiting trait of procrastination - of putting things off, or making excuses as to why you can't get started on the Path to Mastery right now. It also offers a little-known, and rarely used, secret of the truly successful - people who are just as prone to procrastination as you are.

After learning this secret, you will have a very powerful tool for success - not only in your martial arts training, but in everything you decide to do.

There has been much written about overcoming procrastination, and how to overcome it. The problem with many of these methods and ideas is that - they're directed at people who put things off for one reason or another.

Procrastinators could be people who are:

- *Lazy*
- *Afraid*
- *Easily sidetracked*
- *Under the assumption that danger will never touch them*
- *Not motivated*
- *Into too many "things"*
- *Uninspired*
- *Uncaring*
- *Looking for a "best" time, or...*

- *...any number of other reasons*

The point is that, regardless of their intentions, dreams, or aspirations...

...they just put off taking action and therefor never seem to get anywhere.

And, those wanting to take up martial arts training are no different. They just don't take action.

Does this sound familiar?

It does to me. Because I hear it from potential students every day. People who feel the pain and limiting effects of their procrastination, but want me to give them the motivation to take action. But...

...that's not my job.

I work with action-takers, as does any good mentor, coach, or teacher.

However, as an educator, I know that you may not have the knowledge or tools for overcoming this debilitating trait. So, I'd like to offer a suggestion for moving yourself to be able to take action now in getting the martial arts training you need.

And, here it is. This secret has been used by centuries by some of the most successful people on the planet.

Ready?

The next time you feel like putting something off until tomorrow, next week, next year...whenever...

DON'T!

The secret, which is actually in the Ninja's *Mikkyo* "secret knowledge," is to use your tendency to procrastinate as a tool. The idea is to use procrastination against itself!

What I mean is simply this...

Since you have the tendency to procrastinate, then why not...

Procrastinate procrastinating!

In other words...

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Put off, putting things off!

I could give you a whole bunch of ideas that are parroted in countless self-help books. But I won't. That's not my style.

The fact is, if you want to have the skills, abilities, strength, confidence, and power of a true warrior, then you have to get off your ass and take action.

No excuses. No reasons to justify why you "can't." No holding yourself up as a victim of circumstances. No blaming this or that person – some “thing” that happened to you a week, month, or years ago...

NOTHING!

It doesn't matter what your parents were like. It doesn't matter what your priest, your third grade teacher, or the school bully did to you.

You're all grown up now. You're over 18 or 21.

What you do are based on YOUR OWN decisions. The job you have (or don't have) is YOUR decision. The spouse or significant other that you have, was your choice. The same for:

- Your Friends
- What you do in your spare time
- How you choose to spend your money
- Who you choose to listen to, learn from, and/or follow...
- etc.

It's all YOU.

So...

...the next time you *"don't feel like doing it right now"* Regardless of what *IT* is...

The next time you find yourself saying, thinking, or having the feeling that, *"you'll get to it later"...*

The next time you hear yourself justifying your reasons for not being, doing, or having more...  
Stop what you're doing and TAKE ACTION – in the RIGHT direction!

Because, whether by accident or by design, never forget that you are a product of your choices. You are, today, the result of all of your past actions, choices, decisions, thoughts, beliefs, and programming.

That means that, like it or not...

***You are either EXACTLY what you want to be, or...***

***EXACTLY what you have ALLOWED yourself to become!***

Are you ready to take massive action toward Mastering the art and practice of Ninjutsu – the art of the Ninja? Do you want to take your Ninjutsu training to the next level, or are you just getting started?

Check out these three programs that are for the most serious students ONLY:

***Uchi-Deshi*** “Live-in Student” Program

<http://www.warrior-concepts-online.com/uchi-deshi-program.html>

***Musha Shugyo*** “The Quest of the Warrior” Program

[http://warrior-concepts-store.com/wordpress/?page\\_id=1368](http://warrior-concepts-store.com/wordpress/?page_id=1368)

***Platinum “Inner Circle”*** Online Ninjutsu Training & Coaching Program

[http://www.warrior-concepts-online.com/plat\\_coach\\_IC101.html](http://www.warrior-concepts-online.com/plat_coach_IC101.html)

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## About the Master-Teacher...

**Jeffrey Miller is the founder and Director of Warrior Concepts International, Inc.** His unique perspective about personal protection and self-defense blends the wants and needs of his Western students and corporate clients with the timeless wisdom of the Eastern martial arts masters, and his own real-world experience as a police officer, undercover investigator, private detective, and bodyguard.

Beginning his martial arts training in 7th grade, Jeffrey Miller followed his drive to overcome childhood abuses, peer-pressure, and what he observed to be an ever-increasing degree and severity of violence in the world. At the age of 18, after graduating from high school, he volunteered for military service and took his place as a member of the United States Army's Military police Corps.



During the next seven years, Jeff added to his knowledge of human conflict by working and cross-training as a:

- *Liason between Korean National Police Forces and US Military Police*
- *Undercover Black Market Suppression Agent*
- *Physical Security Specialist*
- *Certified Traffic Accident and Crime Scene Investigator*
- *Undercover Drug Suppression Operative*
- *Self-Protection & Wilderness Survival Instructor to Military Police personnel*
- *Bodyguard for a former US Secretary of Defense, other foreign and US dignitaries, and...*
- *...several of the beautiful members of the Dallas Cowboy Cheerleaders*

During this time, he was forced to deal with the worst of what society and human beings can produce. This is where, more than in any class, program, or martial arts' school, he learned the core principles behind the lessons and training models built into his unique and proprietary programs.

## Experience and Study Spanning Three Continents and 6 Countries

It seems that few people today are willing to do what it takes - to make the necessary sacrifices - to seek out the right teachers and experiences - to follow their dreams and get what they need to express their potential in the world.

Jeffrey Miller is such a person.

Jeff's dreams and quest for knowledge have taken him across America, into Canada, and to teachers and mentors in South Korea, Japan, England, and, what was then, West Germany. Today, he introduces his students and clients to the power and freedom of living to one's

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potential. His vision has become his company's promise:

***"To teach clients the lessons needed to create the life they've always dreamed of living, and the skills necessary for protecting that life from anything that would threaten it."***

Mr. Miller is a master teacher in the centuries old martial arts of *Ninjutsu*, *Budo Taijutsu*, and several other ancient armed and unarmed combat methods. He hosts yearly **Spring & Fall Ninja Training Camps**, designed for serious, committed, and mastery-minded adults seeking the timeless lessons, strategy, tactics, and techniques originally developed over the centuries by ancient warriors. He also organizes yearly **Japan Training Adventures** to train with the Grandmaster of the Ninja, as-well-as several of the Japanese master teachers. These trips are full adventures, as Jeff takes his students across the island-nature of Japan to explore the timeless treasures and historical sites that are an important part of this powerful martial and life-empowering system.

Jeff is the writer, director, and co-producer of several, home-study dvd courses, including: ***Takagi-Yoshin Ryu Jutaijutsu SHODEN No MAKI***, and the popular ***"Ninja Camp In-a-Box"*** DVD master sets. He has authored hundreds of **articles**, reports, and books on the subjects of self-protection, personal development, child-safety and of course - *Ninjutsu* and the topic of **becoming a warrior**. He is known for over-delivering and providing more than his students expect, to insure that every student and client experiences progress towards personal mastery. Not only does Jeff offer a first in the martial arts and self-defense world, the bringing together of timeless, proven techniques and strategies with the new science of natural human defensive response to danger, but his system allows his clients and students to literally learn in hours or days what has traditionally taken martial artists months or years to learn - if they ever learn these lessons at all.

If you're ready to challenge your assumptions about mastery and what it really takes to be a Master in your own right, and ready to experience the new science of self-protection and personal development where you will discover a system that combines the timeless lessons of ancient warriors with a modern, scientific approach to accelerated learning, and the real-world experience of a modern-day warrior who has "been there," you'll be glad that you met Jeffrey Miller.

To get started, or to find out which of the Shidoshi's programs are right for you, send an email to [warriorc@warrior-concepts-online.com](mailto:warriorc@warrior-concepts-online.com). Or, call his International office in the U.S. at (570) 988-2228.



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