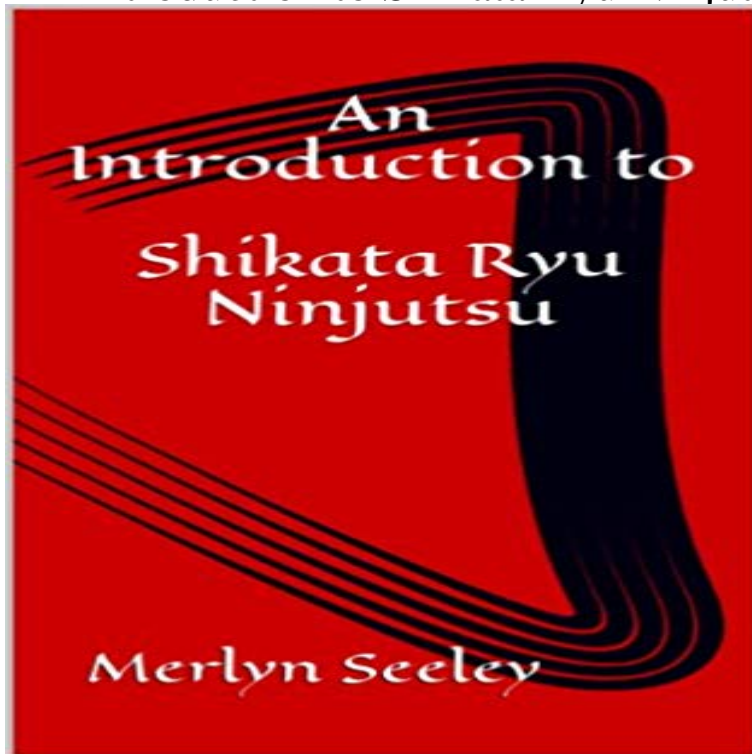


An Introduction to Shikata Ryu Ninjutsu



Congratulations on your purchase of An Introduction To Shikata Ryu Ninjutsu, the book that came before the printed book Shikata Ryu Ninjutsu Training Manual, which is also available where ever books are sold. In this introduction of the art I take you through the basics of hand to hand that would be taught to a white belt student of the Shikata Ryu. Each chapter is outlined with complete how to instructions from stances to punches to strikes to kicks to blocks. Each student entered into the Shikata Ryu training program under Master Retsuzen would have been shown the basics before anything else in the physical part of the training program. Of course, in the Shikata Ryu, students were taught spiritual aspects as well as mental training aspects as well and usually that training would start immediately upon meeting Retsuzen for the first time. Many students came from afar to learn and showed their very strong will to learn by making the trip to see Master Retsuzen a spiritual homage. Indeed, some came on foot from afar. So in reading through this book of 5 short chapters and concentrating on the basics one can learn to defend like students of the Shikata did, long ago. If you have any martial arts knowledge, you may notice the similarities that some of these techniques have to other mainstream martial arts. That shows the diversity of Master Retsuzens training and the diversity from which the Shikata Ryu Ninjutsu system was derived.

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