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The Ninja Mind: Harnessing the Mental Strength and Physical Abilities of the Ninjutsu Masters

By Kevin Casey, Stephen K. Hayes

Tuttle Shokai Inc, Japan, 2013. Paperback. Book Condition: New. Original.. 202 x 132 mm. Language: English . Brand New Book. Masters in the Japanese martial art of Ninjutsu are legendary for their ability to access seemingly endless amounts of pure strength and mental endurance to achieve their goals. The Ninja Mind documents Ninjutsu black belt Kevin Casey s journey toward mastery under the tutelage of Stephen K. Hayes, Black Belt Hall of Fame member and the Father of American Ninjutsu. Casey vividly describes his successes and setbacks studying with his famous teacher as well as his growing interest in the Ninja art of kuji-no-ho, the most esoteric of traditional Ninja practices. Combined with determination and discipline, Casey s techniques and exercises will guide you to acquire and cultivate a true ninja s power. Exercises such as The Unbendable Arm and Manifesting Power will develop your physical strength, while Walking as the Hero will hone the mindset necessary to overcome any challenge, no matter how suddenly it arises. Chapters in this ninjutsu guide include: The Nine PowersThe Secrets ToldPhysical Strength Mental StrengthSpirit Strength Negative Emotions.



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Reviews

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