

Business Events 『Be+』 Unique Service Menu

Category	Mix	Ninja Master Workshop ~Physical Arts~	
Field	Japanese Culture		

Why is ninja training "healthy"?

In those days, the primary responsibility of ninja was to collect information from other lands. Either in small groups or individually, they traveled great distances and worked long hours, infiltrated compounds and castles. In order to do this, they were required to develop "superior stamina and flexibility." Through this program, the Edo covert agents the Musashi Clan, descendants of ninja who were employed by the Edo shogunate, will demonstrate three simple techniques for developing the necessary physical characteristics.

Price (JPY)	350,000	Language	English	Venue	Tokyo area
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Capacity	10	Program duration	90 min.
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*Reservation required

■ What are the ninja physical arts

• Developing "superior stamina and flexibility" to enable them to work long hours, travel great distances, and infiltrate many places

• "Methods to achieve mental stability and emotional control" in order to combat stress in various environments

※Mental training is part of physical conditioning because mental toughness is achieved largely through physical training



【Notes】

- Please wear comfortable clothing.
- You may be asked to remove your shoes during the program.
- You may be asked to sit Japanese style during the program (not a requirement, please participate if you are able).
- Gifts provided.
- Payment required in advance.
- Venue fees charged separately.

【Training (sample)】



The first step to understanding ninja physical arts is to adhere to the three fundamentals of clandestine physical arts!

1 ."Move without making a sound"

If sound is produced while moving, ninja would be in danger of being discovered by the opponent.

Also, if movement is so rough as to produce noise, there is undue stress placed on the knees and other joints which can lead to injury.

2 ."Breathe smoothly while moving"

If breathing is not controlled, it can be difficult to continue moving for extended periods.

If discipline can be applied to breathing, many tasks become much easier to accomplish.

3 ."Move without giving oneself away"

If one's movement can be detected, that person loses their advantage.

Also, if one moves in a detectable way, in most cases that means there is excess movement, leading to fatigue and tension.

If you become accustomed to moving undetected, you will be able to face new challenges undaunted.