



Secrets of the Ninja

Revealed

Many would **like** to be ninja.

Let us **reveal** the **secrets** of the **ninja**.
And see if you are **worthy**.

How to begin?

Stealth

Buy **soft** footwear

Soft footwear = stealth

Wear **tight** clothing



Do not let thighs rub together

A close-up, macro photograph of a dark, textured animal nose, likely a dog's, showing the intricate details of the skin and the nostrils. The nose is the central focus, with its surrounding fur and skin texture visible in the background and foreground.

Breathe.
Quietly.

Through your nose

Observe closely



Listen intently

CAUTION

WATCH YOUR STEP



Be mindful where you tread

Got it? Good.

Next?

walls



Learn to **jump** walls



Learn to **scale** walls



Learn to **balance** on walls



Learn to
run up
walls

Train with a professional first

Learn to use walls strategically



Now. The fun stuff.

Let us get physical.

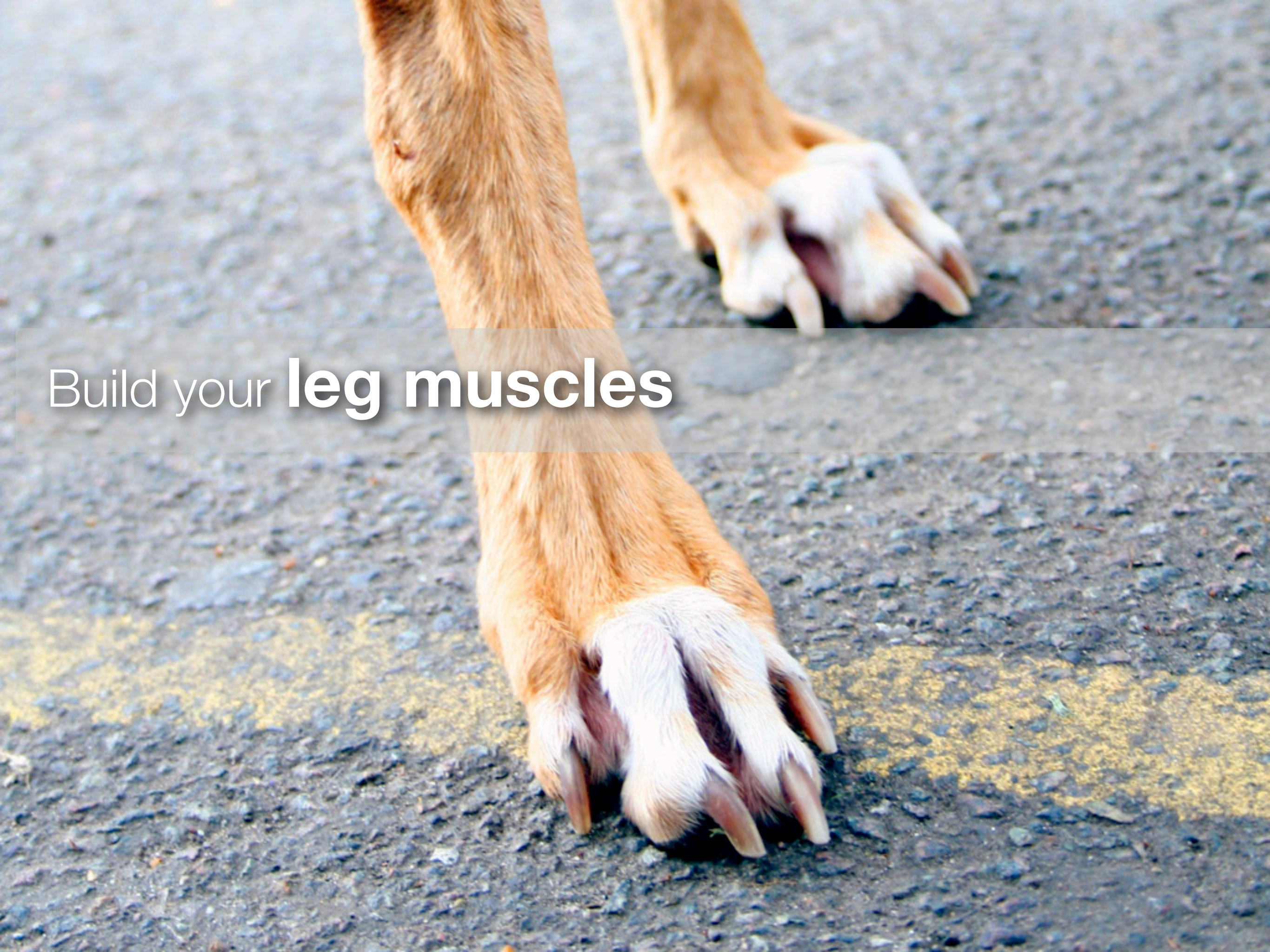
Body

A low-angle shot of a bronze statue depicting a muscular man wrestling a horse. The man is on the right, leaning forward with his arms around the horse's neck. The horse is on the left, rearing up on its hind legs. The statue is set against a bright blue sky with scattered white clouds. The text "Build **physical** endurance" is overlaid on the right side of the image.

Build **physical** endurance

Build your **arm muscles**



A close-up photograph of a dog's legs and paws. The dog has light brown fur. Its front legs are visible, with the paws showing white fur on the underside and light brown fur on the top. The dog is standing on a dark, textured asphalt surface. A semi-transparent dark grey banner is overlaid across the middle of the image, containing white text.

Build your **leg muscles**

Increase your **flexibility**



Go **full** contact.



Against **yourself**.

Finally...

The hard stuff.
The **heart** and *soul* of the ninja.

Mind



Master **self** control



manipulate events
through
words and actions

Live by a **strict moral code**



Mass market if possible

A brown Sock Monkey is depicted in a meditative pose, sitting cross-legged on a large, bright yellow flower. The monkey has its eyes closed and a serene expression, with a wide, pink, crescent-shaped mouth. It wears a small white cap and a red beaded necklace. Its arms are resting on its knees, and its legs are crossed in a traditional yoga position. The background is a solid, vibrant blue. The text "Silence" is written in white, bold, sans-serif font on the left side of the image, and "your Mind" is written in the same style on the right side, with "your" in a smaller font size than "Mind".

Silence

your **Mind**

Be **thankful**. Pray for others.



And carry **smoke bombs**.

Also...

Study

ninjutsu

Thank you.



Get **ninjas** on your
iPhone and iPod!

Go to...
NinjaRally.com

Image sources

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