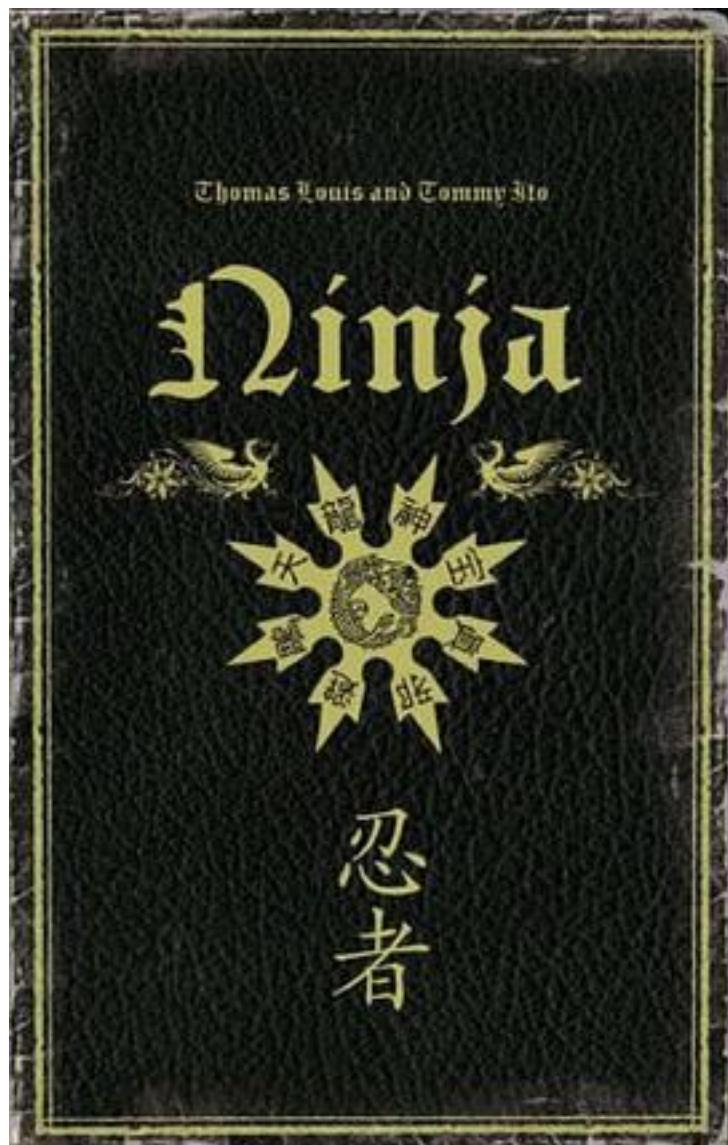


Ninja



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By adding more advanced tools and concepts to the modern ninja's training regimen, this book continues where volume one left off. In the second book of the series, Hayes introduces combat principles, such as dealing with and avoiding danger, rolls and ground rebounds, training for modern altercations, and the power-generating hand symbols of kuji-in.

作者介绍:

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