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## **Review**

Average citizens may find ancient and modern Ninja techniques useful in protecting against common street crimes: techniques of unarmed combat are profiled in a fine title which covers self-defense strategies ranging from using nearby objects as defenses to moving in such a manner as to always prepare for combat. --  
Midwest Book Review

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Most helpful customer reviews

3 of 4 people found the following review helpful.

Has Some Useful Information

By Bohdi Sanders, Ph.D.

When I first bought this book, I had some doubts about finding any useful information in it. The cover, as well as the drawings on the inside, is cartoonish, and I think that photographs and a better designed cover would make many more people take this book a little more seriously. I almost didn't buy it because of these factors, but gave it a shot anyway. While this is not the best book on the market on Ninjutsu, you will find some very useful information throughout the pages of Skinner's book.

This is not a book just about techniques, although it diagrams some useful martial arts techniques throughout. The part of this book that I found useful, especially for novice martial artists, was the practical advice on fighting, staying safe, etc. Statements such as:

"Fight the man, don't fight the weapon."

"If an attacker lets you see his knife, he is trying to scare you. If a man is seriously trying to kill you, you will never see the knife coming."

If something feels wrong, it probably is.

These types of common sense street wisdom statements are found throughout this book, and serve as a useful reminder, even to those who already know these things. And while the drawings are a bit odd, they do a decent job demonstrating Skinner's points, which is what he was after anyway. Overall, I enjoyed this book and would recommend it as a part of your martial arts library. It contains many helpful tips and you never know when one of those tips will save your life.

Bohdi Sanders, author of *Warrior Wisdom: Ageless Wisdom for the Modern Warrior*

9 of 10 people found the following review helpful.

A very complete book on self-defense

By Solange Pichette

Most martial arts today focus on forms(katas etc.), respect and teaching good sportsmanship. All of which are nowhere to be found when someone has to fight for real! This book teaches there's no such thing as "dirty fighting" when your life is in danger. It also teaches versatility and how to use your mind as the greatest of tools. It suggests relaxation, visualisation and meditation exercises which is one of the best aspect of the book. A panicked mind will get you killed where a trained and relaxed mind will easily find the attacker's weaknesses and exploit them. Ninjas have a cheesy reputation because of bad movies but they were very down-to-earth and quick to adapt. Their fighting style reflects this. This is a very good book except for the "burning down the local crackhouse" parts. BUY IT!

15 of 15 people found the following review helpful.

AN INTERESTING READ

By A Customer

A good summary of this book could be offered as this. The book provides you with no specific techniques like the "sport arts" that have been invented within the past hundred years. It does provide lots of diagrams and advice on meditation as well as fighting, and breaking and entering, secrets. It provides a good groundwork and formal arguments for the use of weapons by the "street ninja". This book is written frankly and in a down to earth manner. If you feel your life is in danger, whether it be from gangsters, robbers, thugs, druggies, or think your house bolsters the niches that criminals look for, this book is definitely for you.

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