



---

THE WAY OF THE  
**SHADOW**

---

MARTIAL ARTS ACADEMY

## **“Training for Life”**

*Our mission is to provide the highest quality martial arts instruction and training in practical self-protection to every student in a disciplined, realistic, safe, and enjoyable manner in order to help the student develop founded confidence and maximize their potential in all areas of life.*

**[310] 327-1837**

**WWW.THEWAYOFTHESHADOW.COM**



## **KAGE NO MICHI NINJUTSU**

The Way of the Shadow Martial Arts Academy teaches the art of Kage no Michi Ninjutsu. Using the traditional strategy and theory of the ancient Ninja, this martial art style emphasizes evasion, efficiency, and economy of motion using the entire body as a weapon. This comprehensive martial art encompasses striking, joint locks, takedowns, throws, body conditioning, traditional and improvised weapons, ground fighting, and grappling. The techniques of this style are all based on the time-tested principles of Ninjutsu but are designed for practical, modern self-protection for children and adults.

*Kage No Michi translates to  
“The Way of the Shadow.”*



# **KIDS PROGRAMS**

**(Ages 3 to 15)**

In the children's program, students learn striking, grappling, takedowns, and basic weapons techniques used in the Kage No Michi Ninjutsu system as well as "Stranger Danger" techniques. Students are also part of our Beyond the Mat Character Development Program. We have four different classes that are tailored to the various ages, developmental stages, and experience levels of the children:

**Micro Ninjas** (Ages 3-4)

**Mini Ninjas** (Ages 4-6)

**Little Ninjas** (Ages 7-10)

**Junior Ninjas** (Ages 11-15)

By learning the fundamentals, students will enhance their physical, emotional, and intellectual skills, as well as develop valuable life-long character traits. High-energy and fast-paced classes with drills, games, obstacle courses and instructor-guided all-range sparring make this program practical, educational, and fun.



# Beyond the Mat

Character Development Program

## Character Traits of a Kage No Michi Ninja

- ❖ Works Hard & Plays Later
- ❖ Empathizes With & Cares About Others
- ❖ Knows When To Listen & When To Speak
- ❖ Has Humility, Even After Victory
- ❖ Perseveres Through Frustration
- ❖ Says “I’ll Try” Before Saying “I Can’t”
- ❖ Exercises Control Over Their Emotions And Behaviors
- ❖ Uses Their Power At The Proper Time & In The Proper Place
- ❖ Follows Through On Their Commitments
- ❖ Demonstrates Integrity In All Situations

“Character development is very different from simple behavior modification. Our focus as instructors is to partner with parents to develop a child's character by instilling ***character traits*** that lead to behavior modification, not just behavior modification itself. There are no shortcuts in this process. It takes time and perseverance on the part of the parent, the instructor, and the student. In the end, however, lives of children are impacted in a positive and long-lasting way.” –**Soke Tafan Hong**



## **Other Youth Programs & Services**

**Master's Weapon Club**

**N.I.N.J.A.: The Anti-Bully System**

**Sports Enhancement Training**

**Black Belt Program**

**Summer Day Camp**

**Ninja Birthday Parties**





# **ADULT PROGRAMS**

**(Ages 16+)**

The Adult Program is designed to prepare the individual to defend themselves (or others) if the need should arise and be able to use whatever is at hand to achieve that objective. The Adult programs are physically, mentally and emotionally intense, designed to help students realize their maximum potential. Students can expect extensive hand-to-hand and armed combat training in the form of light to full-contact partner drills, target practice, scenarios, grappling, and sparring with instructors and fellow students.

## **Beginner Adult Program**

In the Beginner Adult Program, students develop simple and effective self-defense skills by learning the essential techniques, movements, and principles of Kage No Michi Ninjutsu. Our goal in this class is to give students techniques that they can immediately apply in a variety of self-defense situations. Both experienced martial artists and those who are just starting out on their martial arts journey are able to benefit from this program.

## **Advanced Adult Program**

The Advanced Adult Program is designed to further enhance the skills of the student as well as offer new skills that they can add to their self-defense arsenal. Advanced students will learn how to deal with more involved scenarios such as multiple attackers and armed assailants.



# **INSTRUCTORS & SCHOOL**

*Kid-Safe Network Certified*

CPR Trained & Certified

First Aid Trained & Certified

Live Scan Fingerprinted

Inducted in U.S.A. Martial Arts Hall of Fame

Featured in local news & newspapers

CA PTA Honorary Service Award Recipient





## **FREE WEEK TRIAL**

Take the first step in your training. Try out the classes for a week, absolutely free and no obligations! Schedule your free week with us today!

## **Contact Us:**

18727 Crenshaw Blvd.

Torrance, CA 90504

(310) 327-1837

[www.TheWayOfTheShadow.com](http://www.TheWayOfTheShadow.com)

