



Masa Suzuki: Introduction to “Shinobi” Movement



Masa is a professional Parkour practitioner, martial artist, dancer and a movement teacher based in Tokyo, Japan. “Shinobi Movement” is an applied practice through a combination of Eastern philosophy and Arts, and Western science and practices. Shinobi Movement integrates Kinesiology, Ninja Art/Ninjutsu, Parkour & Freerunning, Mixed Martial Arts, Traditional Dance & Street Dance, Capoeira, Acrobatics & Circus Arts and all sorts of Japanese Art and Culture. Discover specific Shinobi Movement concepts, including Scapular and Sacral manipulations and gravitational shifts.

TOP EMBODIMENT TIP: Be happy & follow your path. Think and trust your gut more!

Three Concepts of Body Manipulation:

- **Body manipulation** means using gravity or bone stacking to propel yourself and create strength. Use your scapula and your pelvic bone the way you use a katana. Use the chain of alignment to create maximum power.
- **Concept 1: Gravity:** Control gravity inside your body to control gravity outside your body.
- **Concept 2: Bone Stacking:** Align your bones and use your bone structure, rather than your muscles.
- **Concept 3: Elastic Coil:** Using the elasticity within your body.

Intentions:

- To be soft and firm as a bamboo tree, as sharp and precise as a katana blade, and understanding the energy structure in the world (atoms, particles, heat), and our own Chi energy.
- **Furinkazan** (wind, forest, fire, mountain): “Be as fast as the wind, as quiet as the forest, as daring as fire, as immovable and stable as the mountain.”
- Focus on scapula and sacral manipulation and gravitational shifts.

Push-Ups: From Flat Hand to Fingertips to Fists

- Achieved by properly aligning your fingers and your fists, rather than using muscular strength.
- Using scapular manipulation to create power.
- Variations: Knees on floor or legs straight out, using your scapula to shift from fingertips to fists, ensuring bones are stacked properly.

Ball Drills: Control Gravity Inside your Body to Control Gravity Outside your Body.

- Manipulate gravity with your pelvis, not your hands.
- Variations: Jump, widen your stance, switch hands, hip twist.

Towel Drill:

- Movement is in relation within your chest, scapula, and your hips (sacral), combined with head and spine.
- Think of the towel as an elastic band, and connect it to the elasticity in your body.

Resources

- ❖ **References:** Jozef Fucek, Masaaki Hatsumi from Bujinkan Organization, Ida Frost (Danish Choreographer), Parkour art du déplacement, Williams Belle, Stephan Vigroux, Street Movement
- ❖ **Website:** pkmasa.com
- ❖ **Instagram:** [@shinobimover](https://www.instagram.com/shinobimover)



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Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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