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STEPHEN K. HAYES: One thing that I really enjoy now is that I have developed this group of friends and people all around the world that have really gone out and made this art their own. It's not just me doing a seminar for people who are going to take this and go back to wherever they're training. I see people who I've never even met before doing techniques very well and they've been taught by people that I've taught, and it's *their* art. So when I come in there it's really exciting to see that people have seen the beauty of this, that they've seen the excitement of it, positiveness of it, and have chosen to travel all the miles just to be there for the seminar. So I think this seminar in San Diego is a very special one for me that way because the people came in from all over: Stockton, the San Francisco area, and Arizona. And it is a lot of fun to see how it's grown that way.

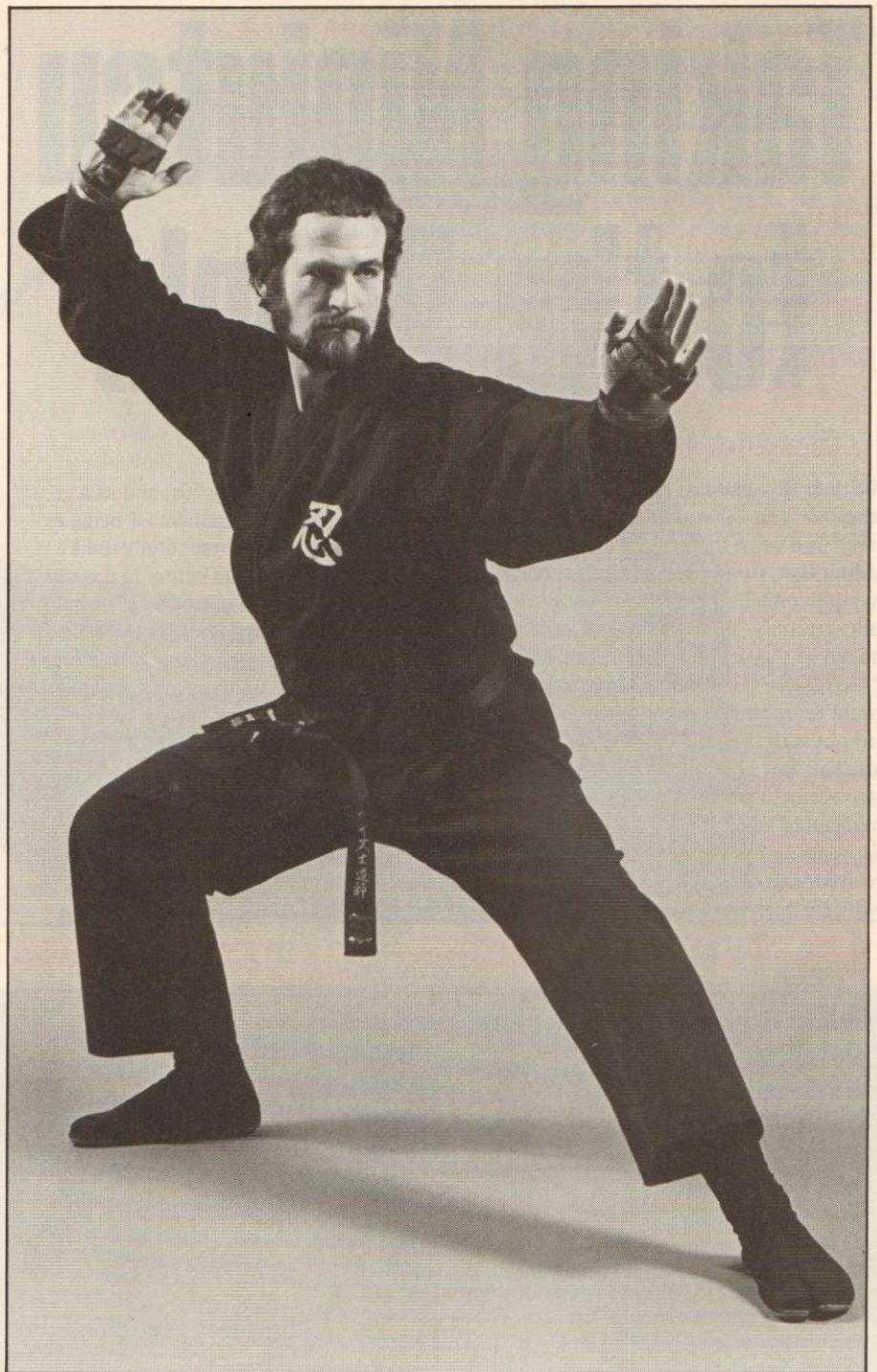
FS: Are you planning to continue to do a lot of seminars?

HAYES: Well, actually I'm cutting back. I'm not going to do that many this year. I did one in Houston two weekends ago. I'm doing the San Diego one here. I'll be in England this July and New York City in August. But really not too many. This is the year that I'm doing more training and trying new things myself. So I'm not going to be doing quite as much teaching this year. I'll be going to Japan twice this year—actually I will be out of the country more than I am in. And working on some things along that line rather than teaching. The other thing is that the type of seminars that I have done in the past, people like Jack Hoban (San Diego-based practitioner) are very well-qualified to do now.

FS: So, in a lot of ways you're turning seminar training over to some of the other qualified people.

HAYES: Yes, because I learned a lot of lessons doing the seminars. I had a chance to learn how to better express myself, I had a few challenges come up—there was a lot to be learned, and now I get to turn that learning experience over to a lot of those people that helped to make this possible. The next step for me on the seminar thing, I think, is maybe longer ones—four- to five-day intensives that are live-in. I'm working on setting up some of those in the countryside of Ohio where I live, and having the kind of program or format that I could take different places, so that people would have a chance to come in and really study in-depth—from morning to night—all aspects of the healing arts, the food arts, the philosophy, the energy channeling, as well as what most people think of as the so-called martial arts.

FS: There has been a little controversy on



the one- or two-day seminar concept. Do you feel that people are really going to learn or retain what they get in a seminar?

HAYES: Well, I think that the bulk of the people at the seminar today are already involved in the art, so it gives them a chance to get some questions answered, to get some new perspectives on techniques. They've already been trained, so it gives them one more perspective. A person will come up to me all bright-eyed and excited, barely touching the ground, and say, "I've worked on this for so many months and when you did that thing with your knee it really all came together." So they are real-

ly getting direct feedback and I know people are getting something positive. The other thing that I think is very valid is that some people are there strictly as a fun thing to do for the weekend—kind of like I would go to the antique auto show. I'm not going to become a classic auto restorer, but it was a lot of fun. I went with a friend and we saw this show and it was a lot of fun, I got a lot out of it. You know, somebody could argue that "Well, yeah, one weekend, what do you know about antique cars?" Nothing. I did it for the *fun*. There were some people at the seminar this weekend. . .this will probably