THE CARTOON BOOK OF

NINJA WARRIOR



ENDURANCE

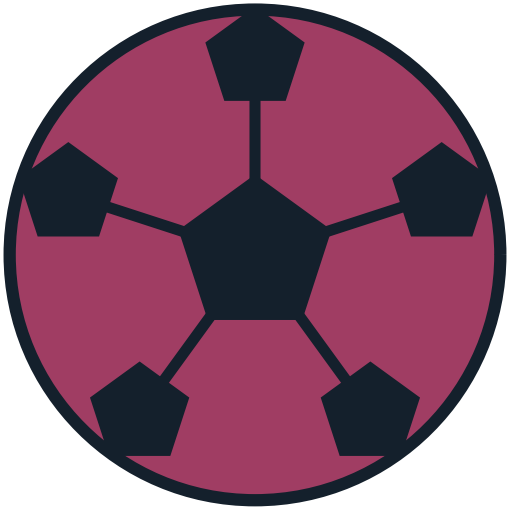
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

Original illustrations · No characters were copied in the making of this book

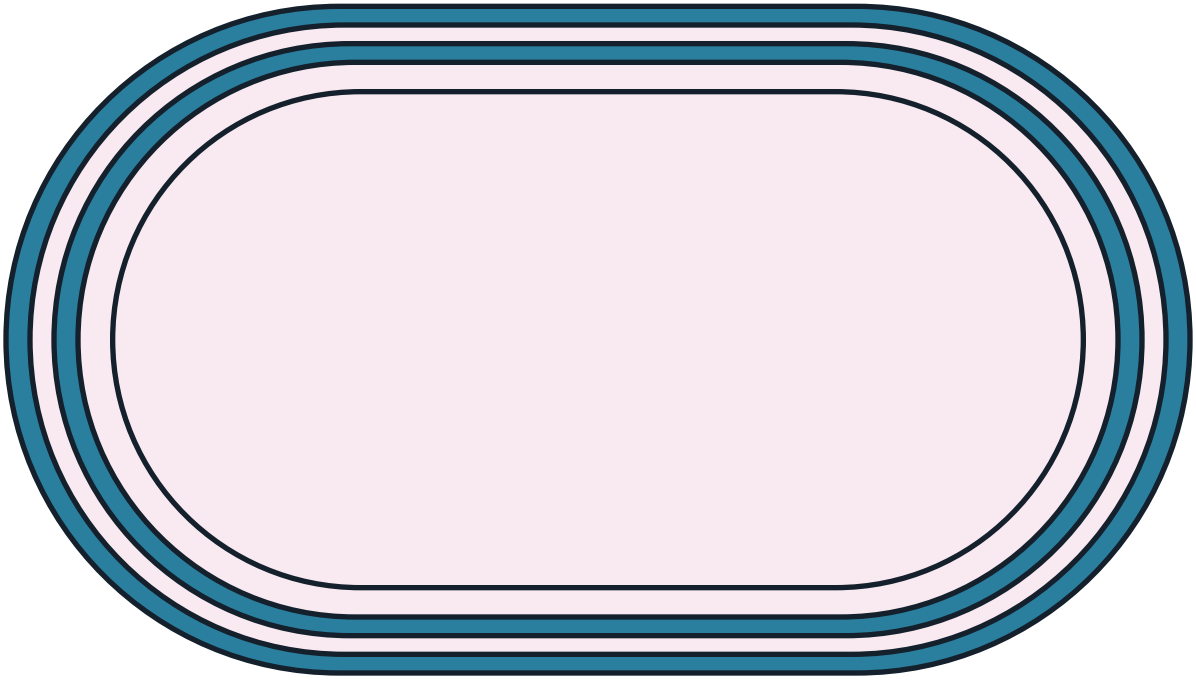
Meet Ninja Warrior!

Timed obstacle courses of rings, ledges and walls.



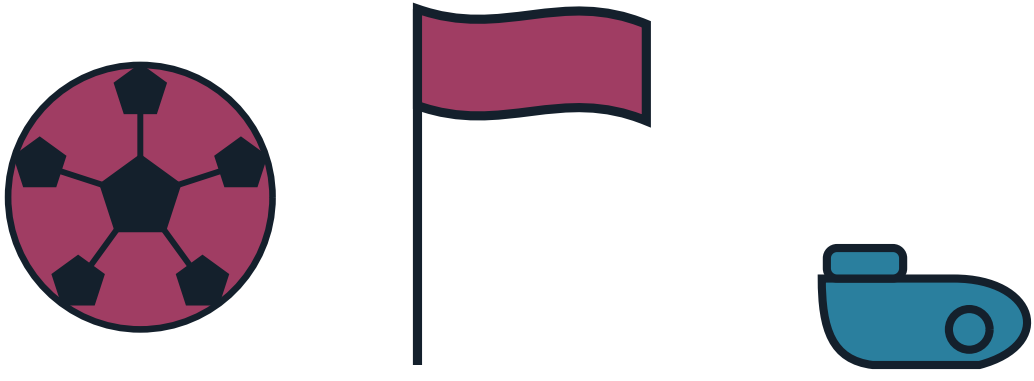
Where It Is Played

A purpose-built obstacle course of linked stages, traditionally outdoors at Midoriyama for Sasuke, or an indoor ninja gym course for league events.



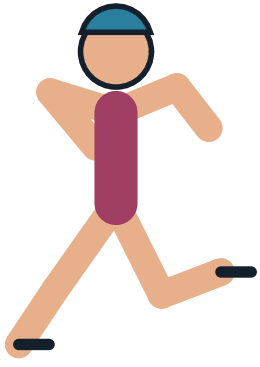
The Gear

No equipment beyond athletic clothing and shoes; obstacles themselves — bars, rings, ropes, walls and balance elements — are provided by the course.



How It Starts

Train at a ninja gym on grip, swinging and balance obstacles, enter a local World Ninja League qualifier in Flow or Challenge format, and learn each course's rules walk-through before running.



How to Play

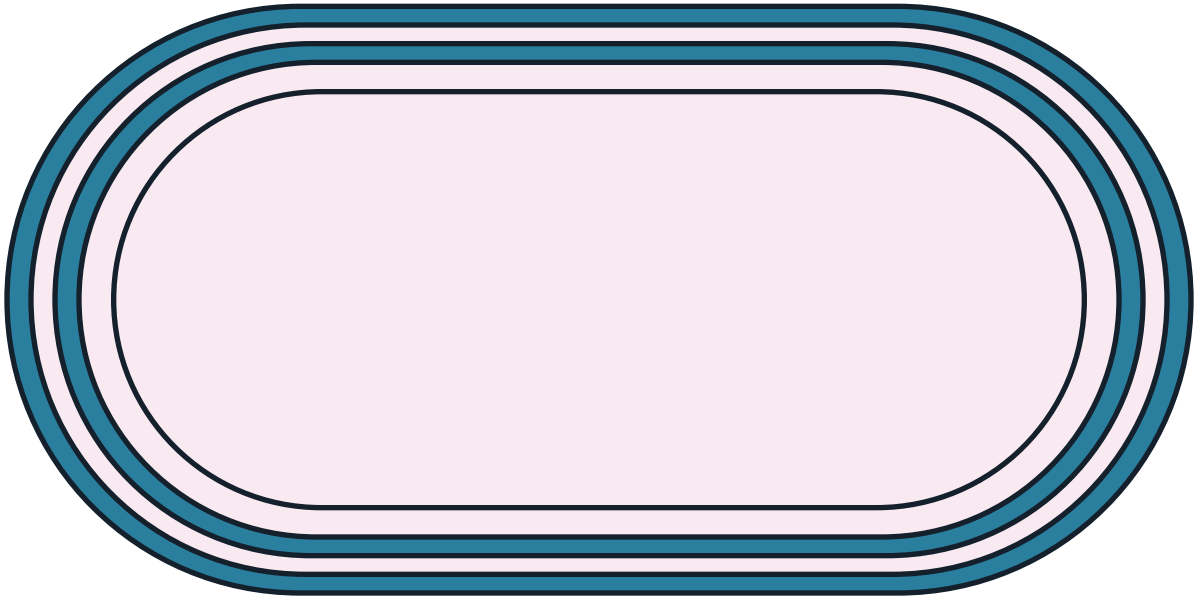
- Franchise format: competitors attempt a four-stage obstacle course, progressing stage by stage.
- Falling on an obstacle, falling in the water, running out of time, or losing a head-to-head race eliminates the competitor.
- Many seasons run qualification heats first, with large fields of hopefuls competing for places on the finals course.
- WNL Flow format: progress as far as possible without a miss — scoring progression stops at the first miss, progress ranks first and time separates equal progress.

More of the Game

- WNL Challenge format: keep progressing using a limited number of retries on missed obstacles; retries do not reduce ranking.
- WNL Full Course format: complete-course performance counts, with difficulty points plus individual obstacle time deciding the score, and later obstacles still scoring after a miss.
- WNL Skills events test individual skills, with placement in each skill contributing to overall ranking; head-to-head races pit two athletes side by side to advance.
- The World Ninja League World Championships use a three-stage format plus a Discipline Circuit (Flow, Challenge, Full).

The Shape of a Match

One athlete at a time attacks a sequence of hanging, balance and climbing obstacles over water or mats; clear the course, or get as far as possible, to advance.

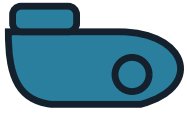


More of the Athletics & endurance Family

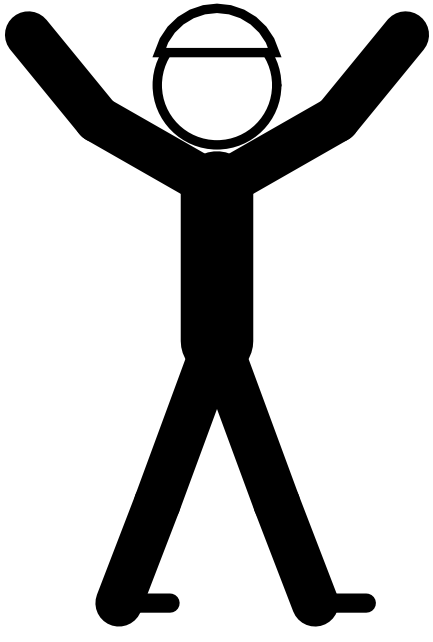
- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

A Note on the Rules

Ninja Warrior competition descends from a television format (TBS's Sasuke, 1997; franchised worldwide as Ninja Warrior/ANW): timed obstacle courses where a fall ends the run, with rules authored per production. The competitive federation formats (UNAA, FINA ninja leagues) are young codifications. No documented law-change history is carried for ninja warrior.

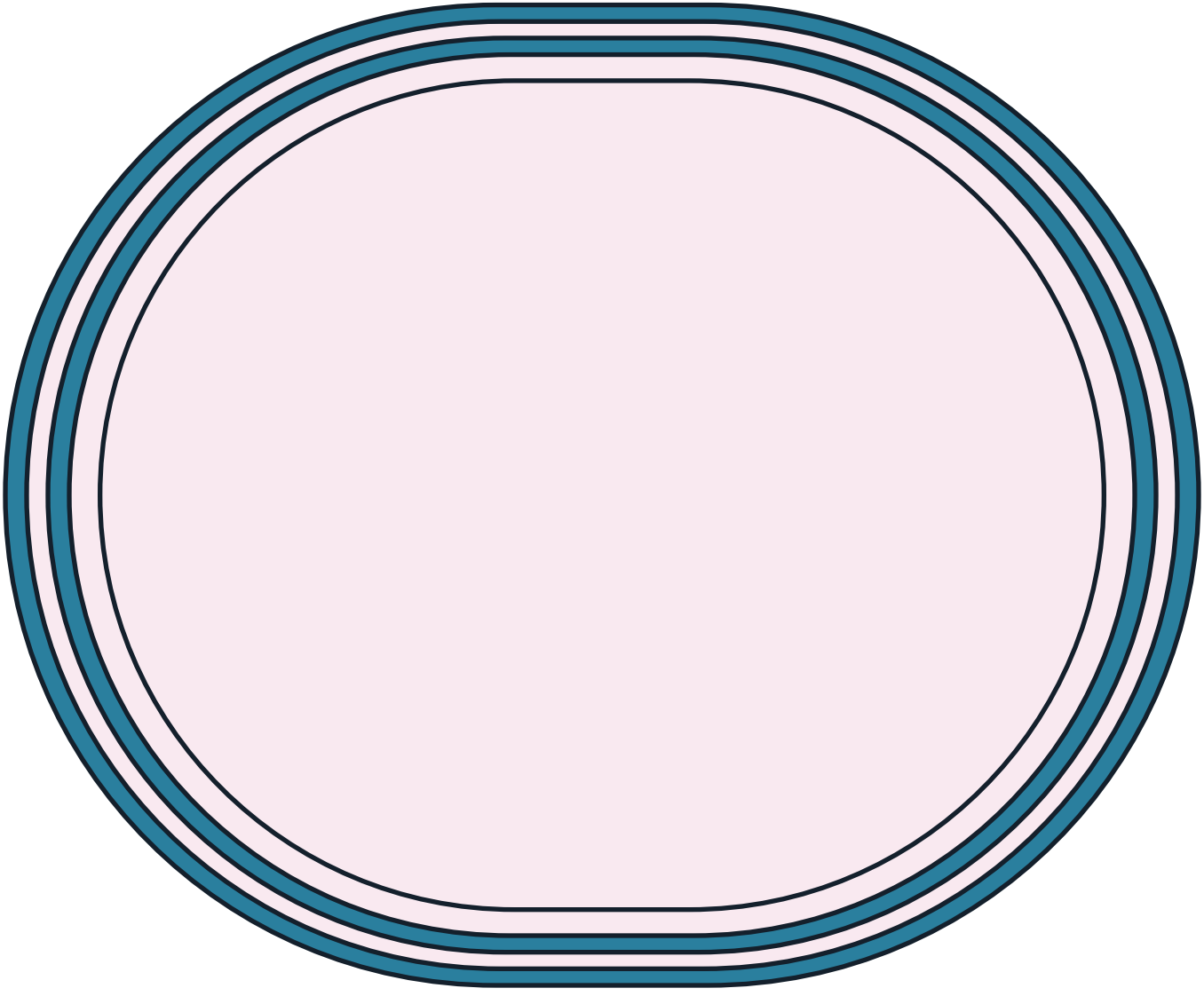


Colour the Action

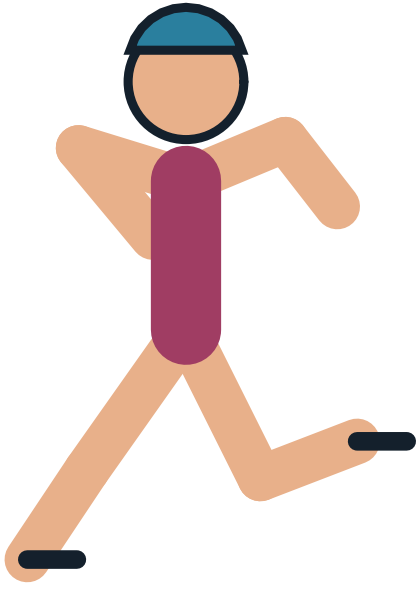


Psst — this page is a colouring page!

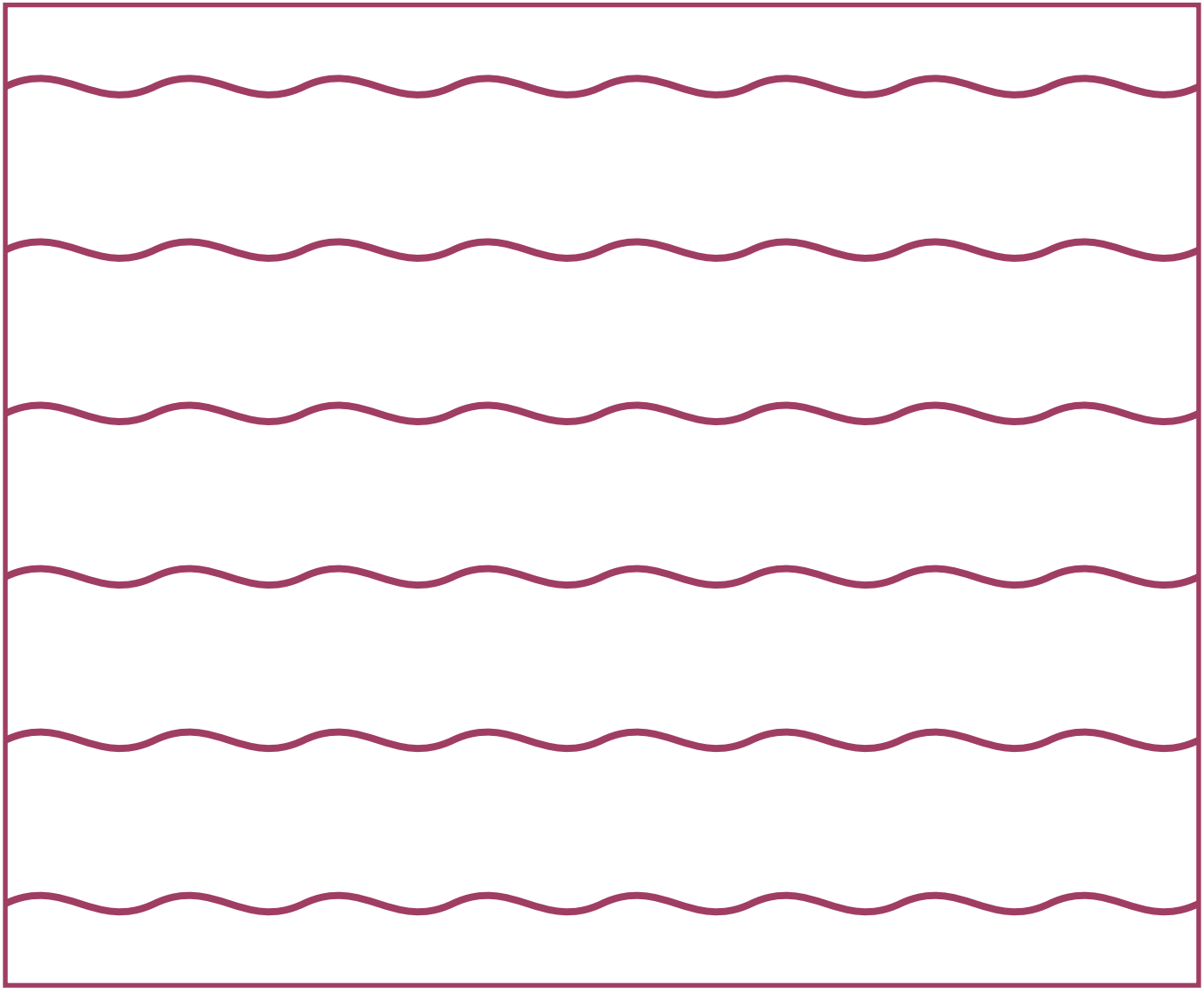
The Sport Today



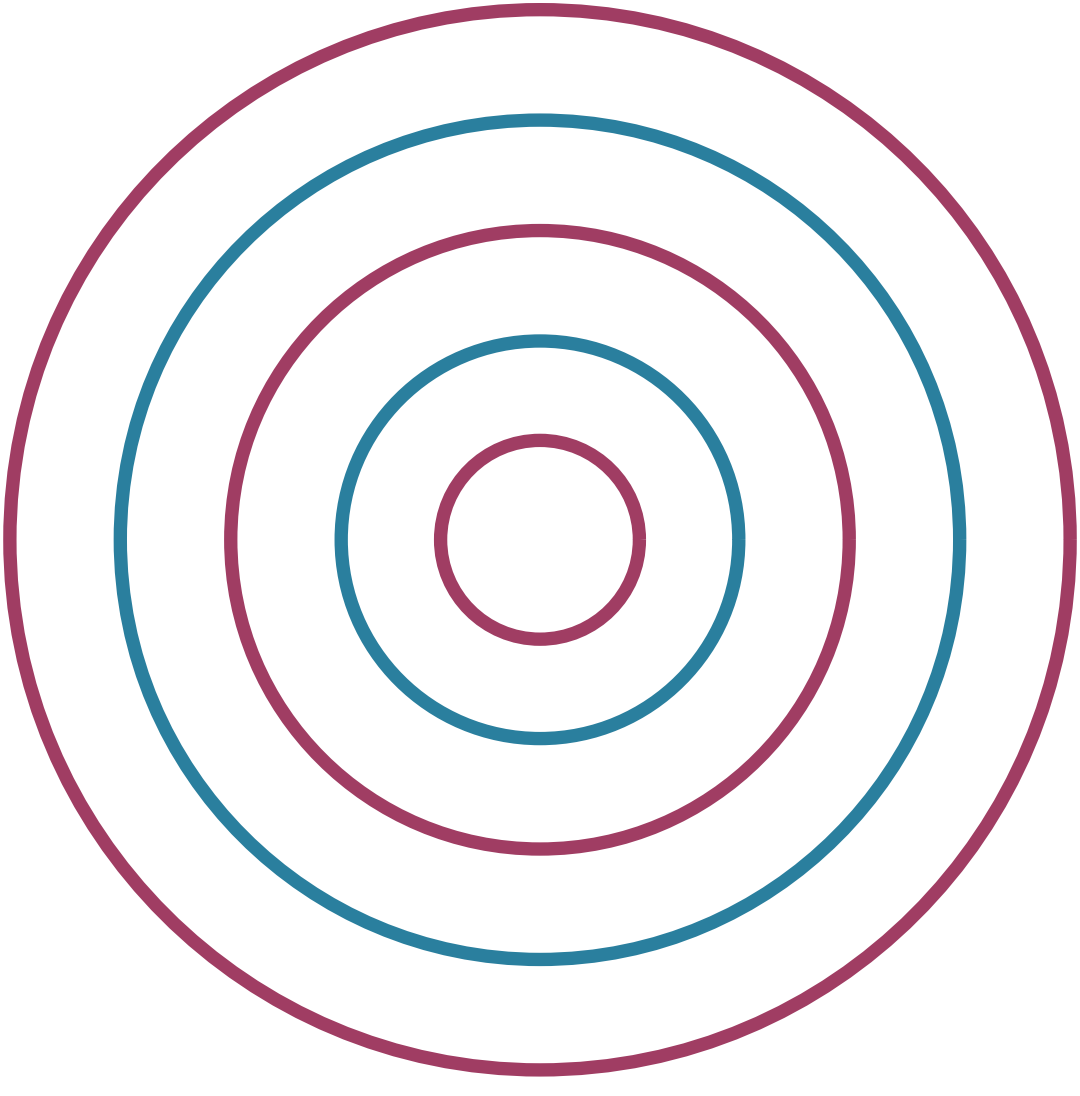
At School and College



Play It Near You



Through the Year

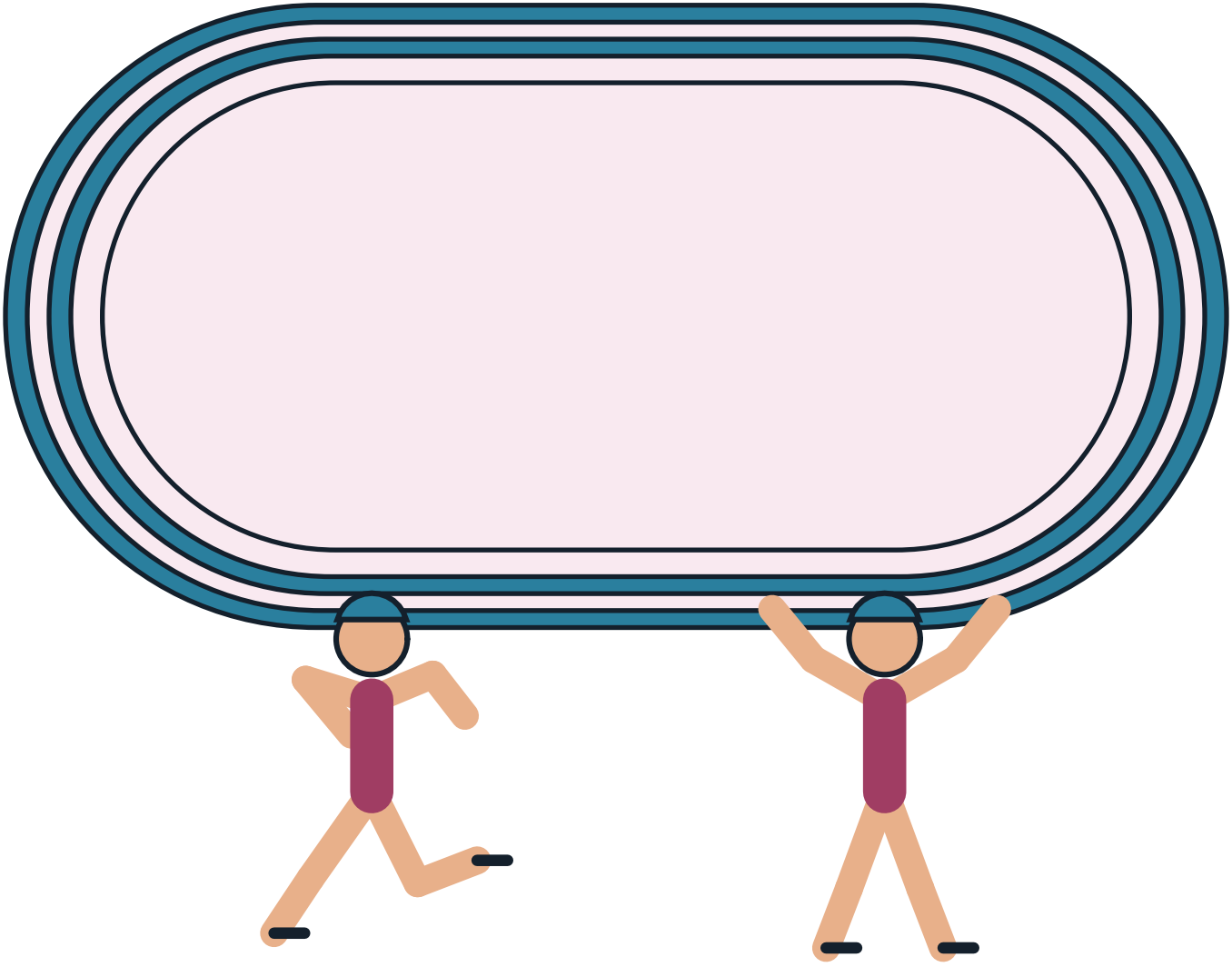


The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.

Game Day!

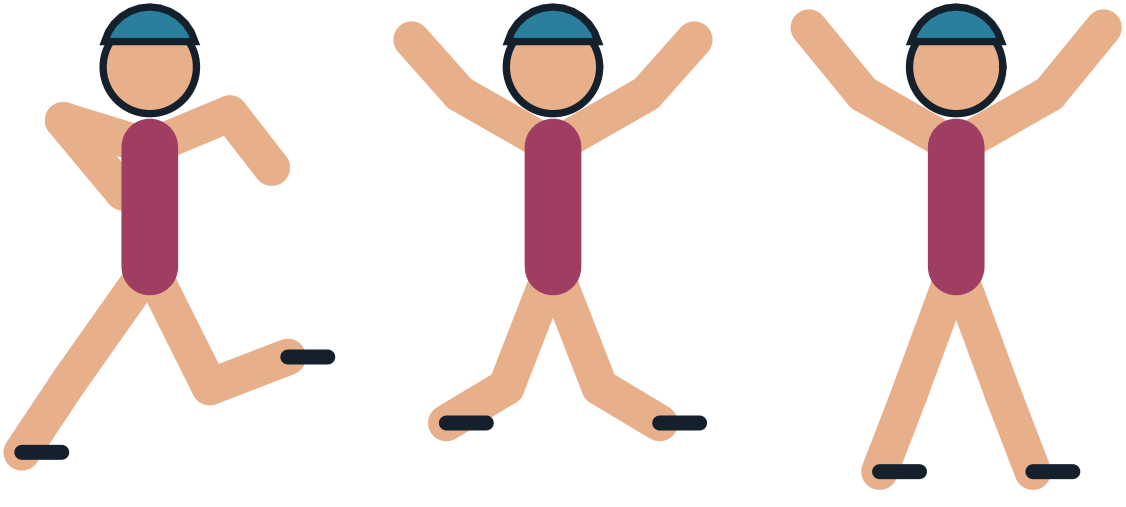


The Sport on Earth Mark

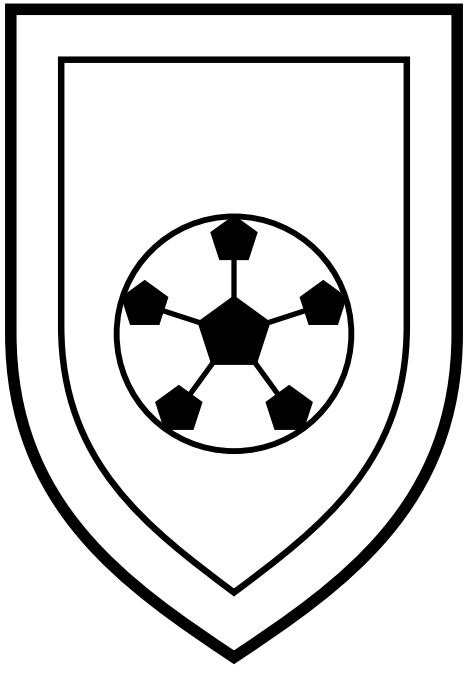
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

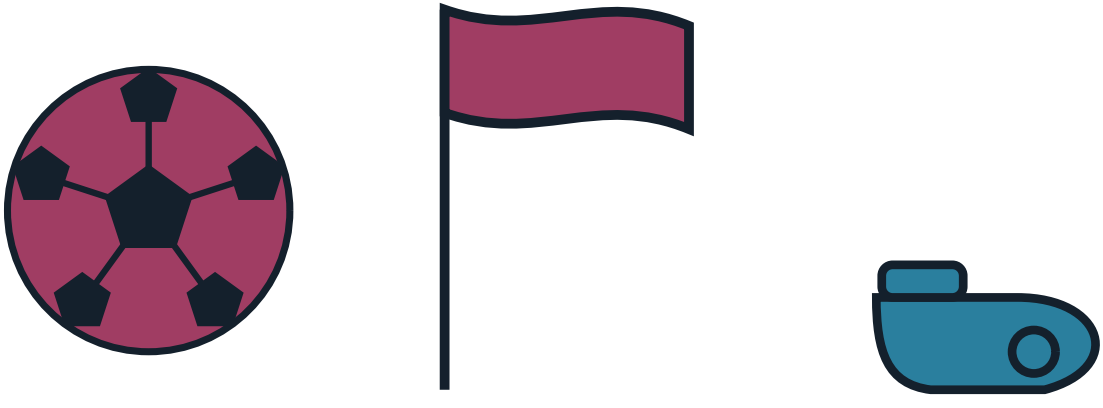


Design a Badge

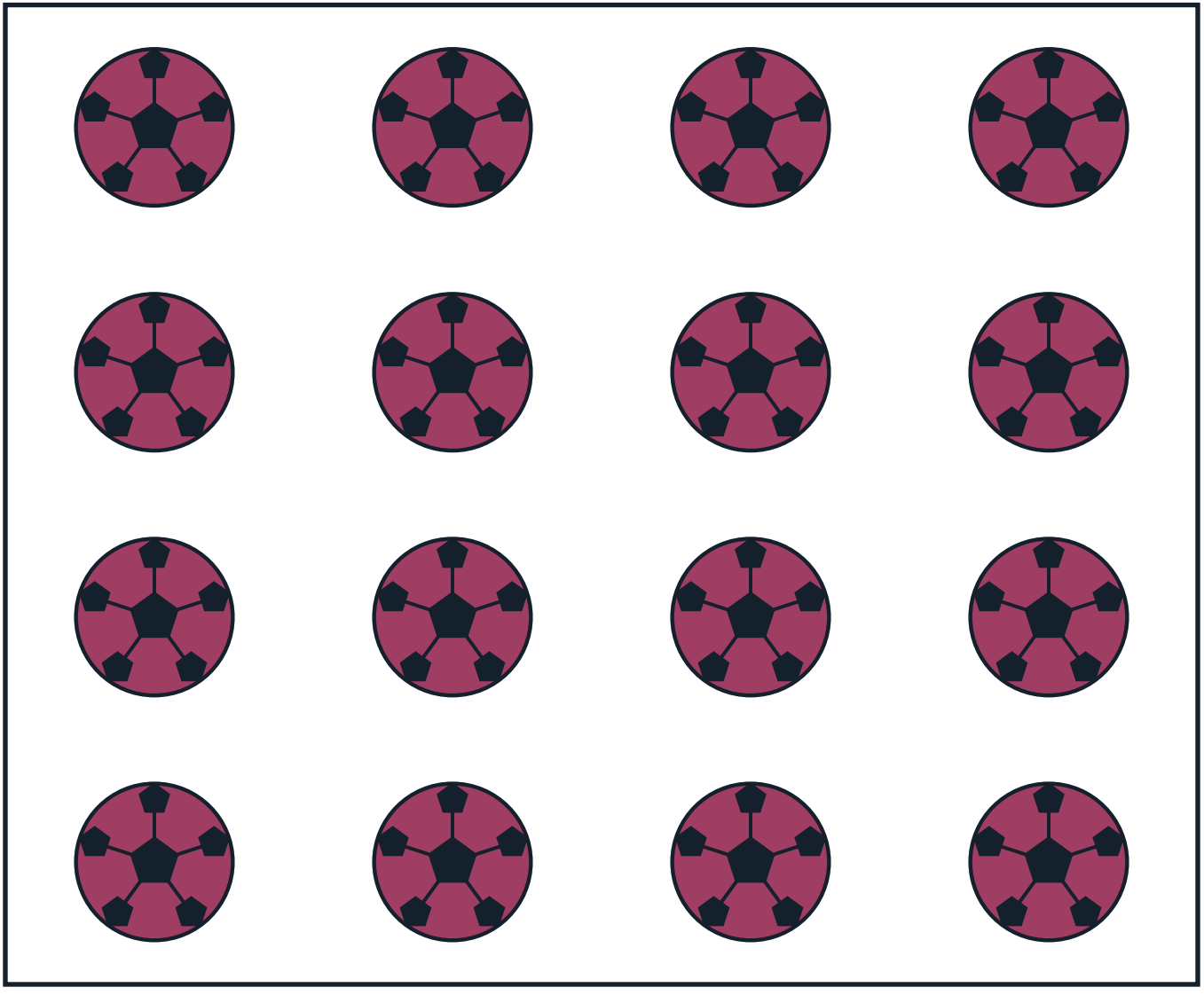


Draw and colour a badge for your own team.

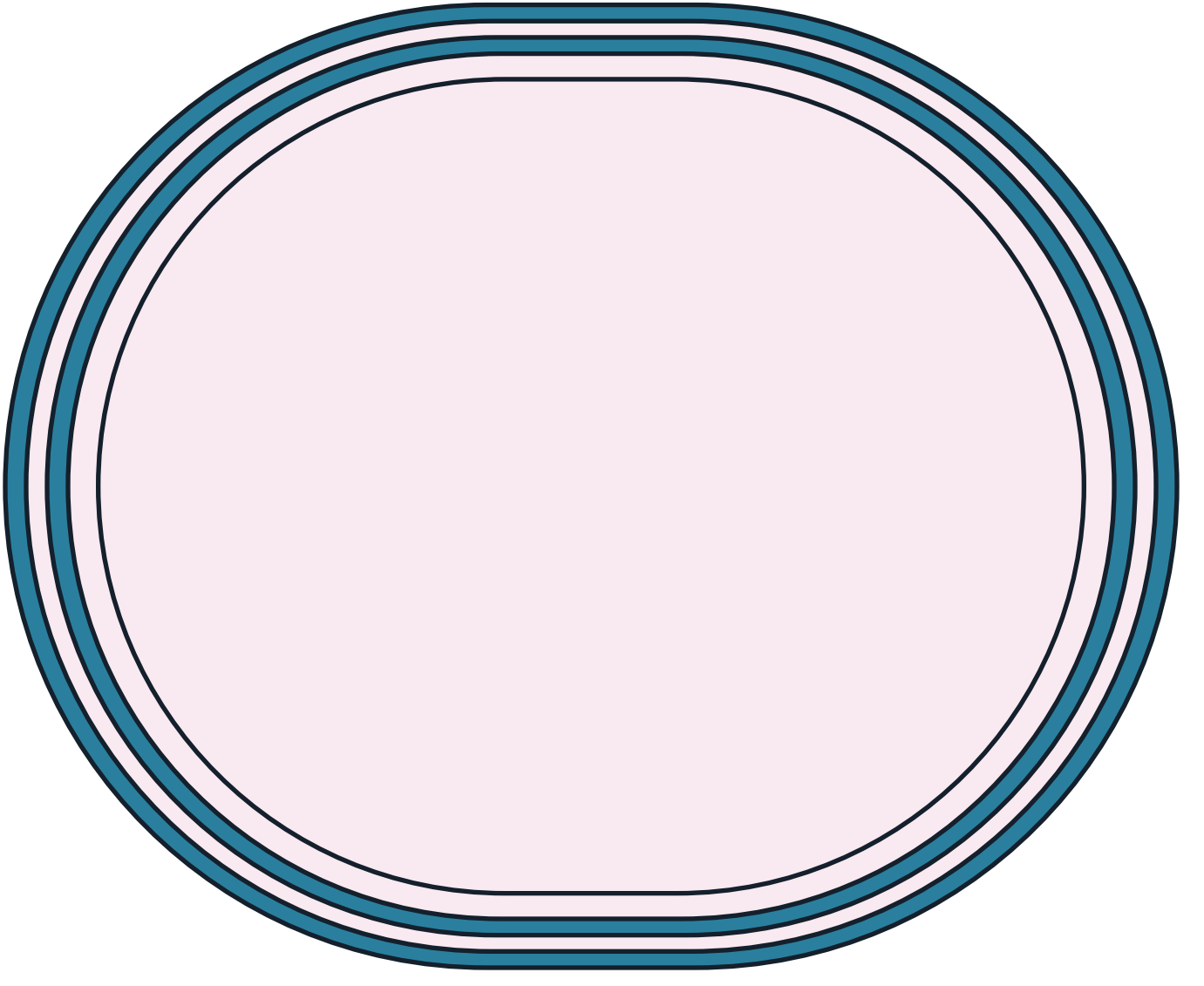
The Gear Parade



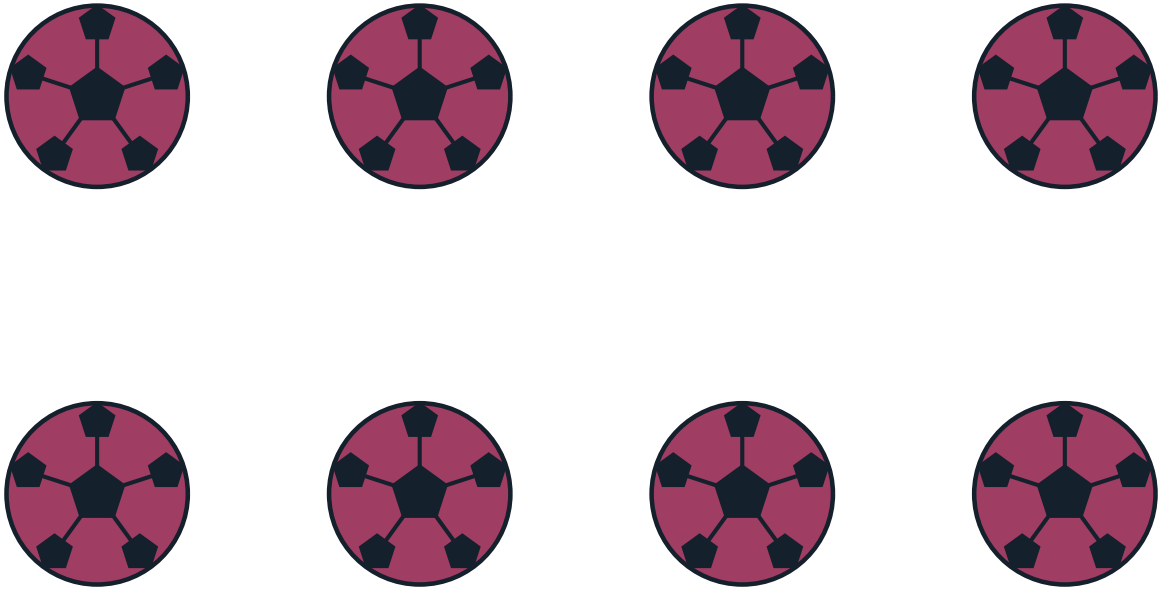
Pattern Play



The Arena From Above



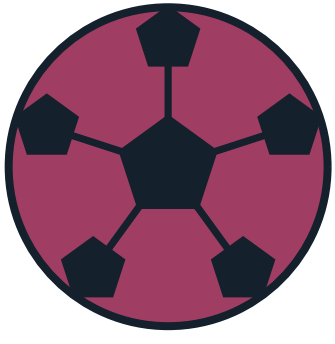
Count the Balls!



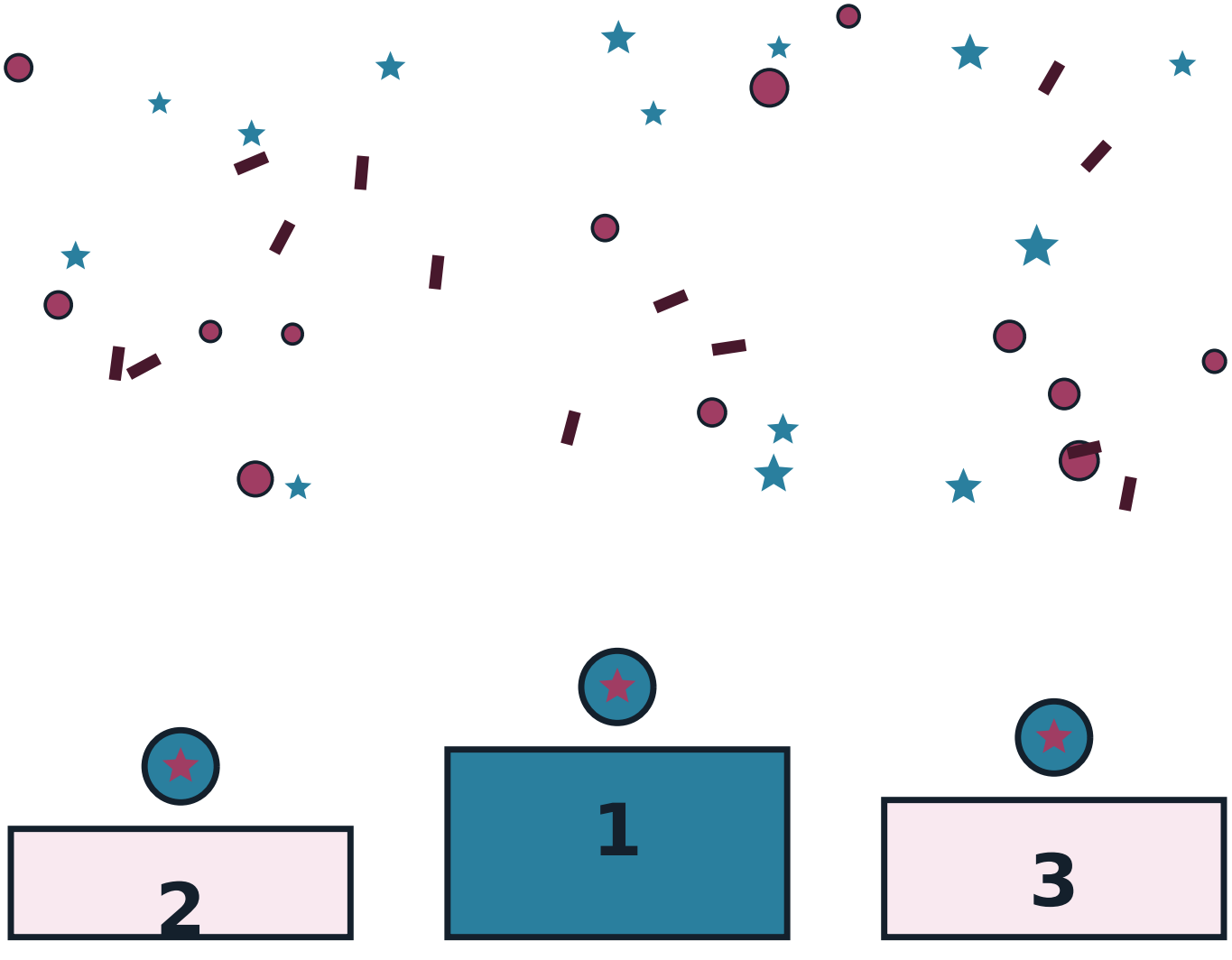
How many can you count? Write the number here: _____

My Favourite Part of Ninja Warrior

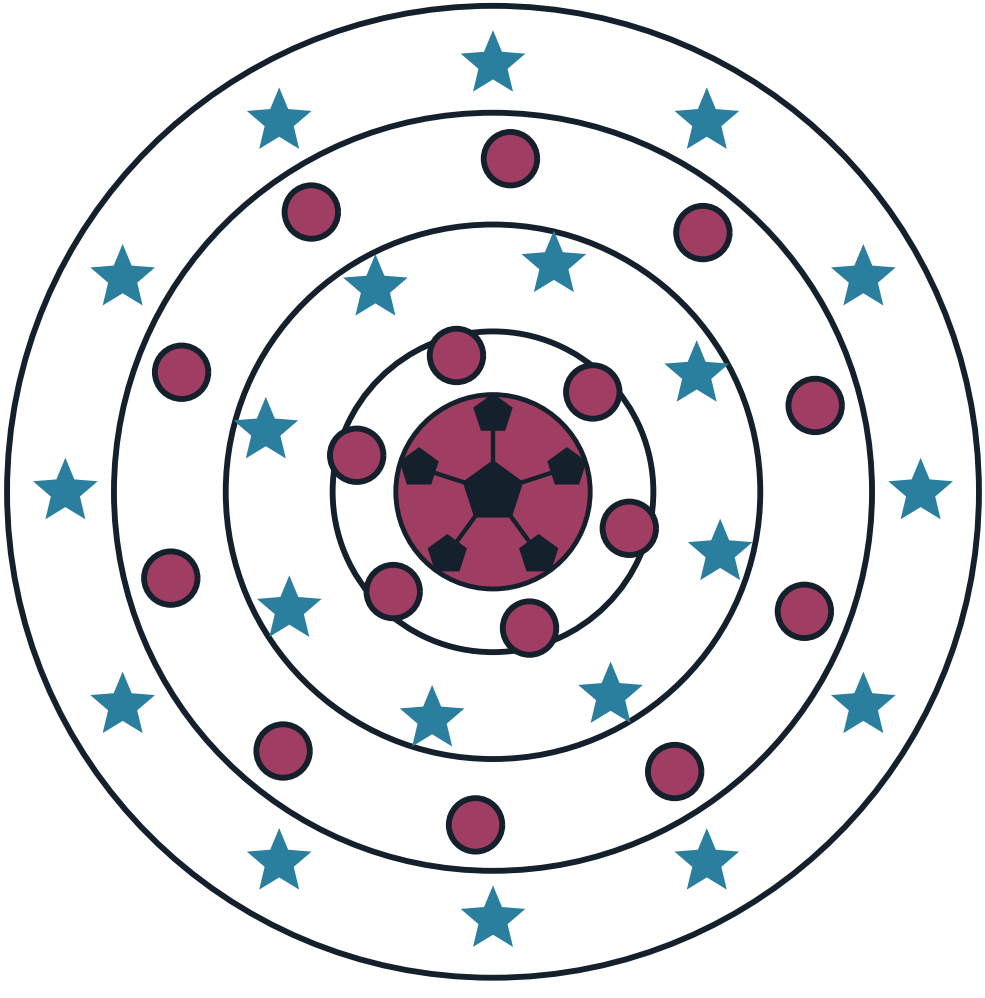
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: No single governing body — TBS Sasuke / Ninja Warrior television franchise format; World Ninja League (WNL) for league competition. Laws edition the site's rules file follows: Ninja Warrior four-stage format of record; World Ninja League competition formats (current, 2026). Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

Ninja Warrior

The Cartoon Book of Ninja Warrior — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

