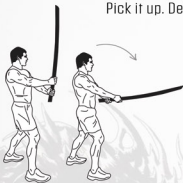


RONIN'S BLADE

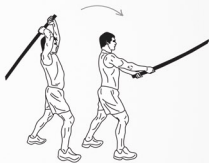
RONIN'S BLADE

© darebee.com Day 1

You wake up in a forest with no memories of how you got here.
There is a katana next to you. Dark shadows are approaching.
Pick it up. Defend yourself!



50 vertical half cuts



50 vertical cuts



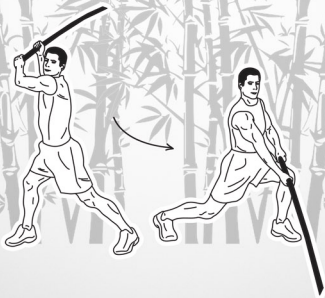
50 horizontal cuts

RONIN'S BLADE

© darebee.com Day 2

Your path is blocked by a thick bamboo forest.

Cut your way through: 400 cross cuts



RONIN'S BLADE

© darebee.com Day 3

A Nine-Tailed Kitsune appears in front of you. It attacks!

Fight to Kill
repeat 5 times with no rest



10 horizontal cut + cross cut

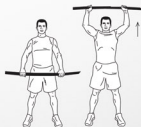
Defend & Dodge
repeat 3 times with no rest



10 side-to-side lunges



10 vertical cuts



10 overhead raises

RONIN'S BLADE

© darebee.com

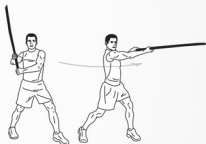
Day 4

You fought to kill.
The Kitsune disarms you.



100 vertical cuts
60 seconds high knees

You dodged.
The Kitsune speeds up!



5 minutes cuts, any type
non-stop



Suddenly, the Kitsune sees your katana.
Recognition sparks in his eyes.

**"If you want to get out of here, mortal,
go to the Temple at the top of the mountain"**

- he points and vanishes.

RONIN'S BLADE

© darebee.com Day 5

You can see the Temple from here.
Cross the river to begin your journey.
Mind the current!



20 march steps

10 calf raises

20 march steps

10 calf raises

20 march steps

10 calf raises

60 seconds rest

Repeat 5 times in total

RONIN'S BLADE

@ darebee.com Day 6

Keep yourself alive.
Collect mushrooms and berries to feed yourself.



20 shoulder taps
5 sets | 30 seconds rest



10 plank walk-outs
5 sets | 30 seconds rest



OPTIONAL QUEST

Free a baby panda trapped under a tree.
10 push-ups | **5 sets** | 30 seconds rest

P.S. It'll follow you, if you do.



RONIN'S BLADE

© darebee.com Day 7

You enter a clearing. You see two groups fighting. Pick a side.

Join The Underdogs
(small group)

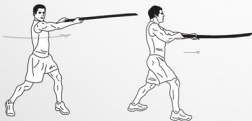


40 vertical cuts
5 sets | 30 seconds rest

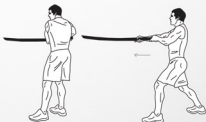
Join The Powers
(large group)



20 vertical cuts
5 sets | 30 seconds rest



20 horizontal cut + thrust
5 sets | 30 seconds rest



20 thrusts
5 sets | 30 seconds rest

RONIN'S BLADE

© darebee.com

Day 8

you joined The Underdogs:

Camp with them.
Then you are free to go.



20 bridges

5 sets | 30 seconds rest



30sec butt kicks

5 sets | 30 seconds rest

you joined The Powers:

You are captured as a slave.
As the night falls, escape!



5 up & down planks

5 sets | 30 seconds rest



30sec high knees

5 sets | 30 seconds rest

RONIN'S BLADE

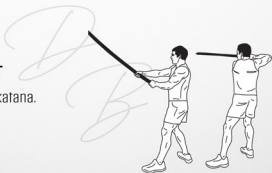
© darebee.com Day 9

Meditate under a tree for:
20 minutes



OPTIONAL QUEST

Carve your initials using a katana.



RONIN'S BLADE

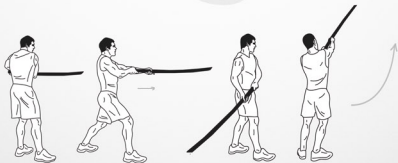
© darebee.com Day 10

As you are walking through tall grass, you stumble on a Uwabami, a giant snake. It wakes up. Avoid becoming a snake snack!



60 horizontal cuts

40 block + horizontal cut

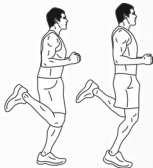


40 thrust + uppercut

RONIN'S BLADE

© darebee.com Day 11

You hear screaming.
Run to get there in time!



20 high knees

20 butt kicks

20 high knees

20 butt kicks

20 high knees

20 butt kicks

60 seconds rest

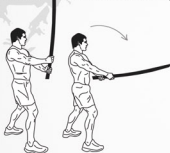
Repeat 5 times in total

RONIN'S BLADE

© darebee.com Day 12

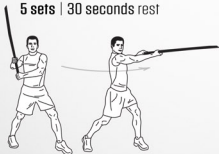
An old man is being attacked by shadows.

Scare the shadows away.



20 vertical half cuts

5 sets | 30 seconds rest



20 horizontal cut

5 sets | 30 seconds rest

Fight the shadows.



20 vertical cuts

5 sets | 30 seconds rest



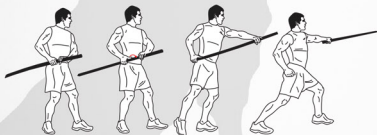
20 horizontal cut + cross cut

5 sets | 30 seconds rest

RONIN'S BLADE

© darebee.com Day 13

The old man turns out to be a Samurai.
He shows you a katana drawing technique
and agrees to a friendly sparring match.



Repeat
100 times
in total:

1. Grip
2. Twist
3. Draw
4. Horizontal Cut

SPARRING MATCH

set a timer for **7 minutes**
and perform any types of cuts
until the time is up.



RONIN'S BLADE

© darebee.com Day 14

You come across a plum tree. Climb up and harvest plums.

Collect 7 plums in total.

Rest for 2 minutes in between goes.



To collect one plum, do:

20 climbers + **40** shoulder taps



PANDA BONUS: she helps you collect 2 plums.

RONIN'S BLADE

© darebee.com Day 15

You wake up surrounded by shadows. Fight to survive!

You scared the shadows away on Day 12, today they brought friends.



20 horizontal cuts
7 sets | 30 seconds rest



20 horizontal cut + cross cut
7 sets | 30 seconds rest

You killed the shadows on Day 12, there are fewer of them today.



20 horizontal cuts
5 sets | 30 seconds rest

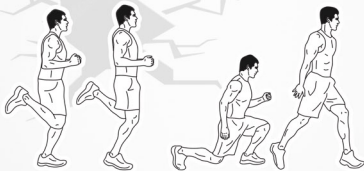


20 horizontal cut + cross cut
5 sets | 30 seconds rest

RONIN'S BLADE

© darebee.com Day 16

The ground begins to shake and crack where you step. When you look back you realize that the world behind you is collapsing on itself. You really need to get out of here. Run and jump over the cracks.



20 butt kicks
4 jumping lunges
20 butt kicks
4 jumping lunges
20 butt kicks
4 jumping lunges

60 seconds rest
Repeat 5 times in total

RONIN'S BLADE

© darebee.com Day 17

You stop to catch your breath when you see a large shadow passing overhead. It's a large Shadow Dragon.

No way you can fight him on your own.

You see a hole in the ground and jump in.

Wait for the Dragon to pass by then climb out.



60 seconds plank hold



10 plank walk-outs

5 sets | 30 seconds rest



10 push-ups

5 sets | 30 seconds rest

Note: knee push-ups are ok, too.

RONIN'S BLADE

© darebee.com Day 18

Take a break. Recenter.
Meditate for 30 minutes.

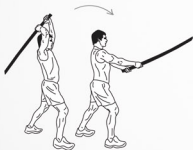


RONIN'S BLADE

© darebee.com Day 19

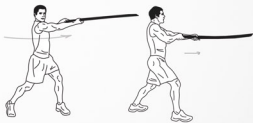
Five bandits attack you. Kill or be killed. No rest. One circuit = 1 bandit.

You joined the Underdogs on Day 7.
one of them is passing by & runs to help you.
Total bandits to fight: 4.



20 vertical cuts

You joined the Powers on Day 7.
You are on your own.
Total bandits to fight: 5.



20 horizontal cut + thrust



20 horizontal cut + cross cuts

RONIN'S BLADE

© darebee.com Day 20

Cross the swamp. Safely. Block giant mosquito attacks.
Attack when possible.



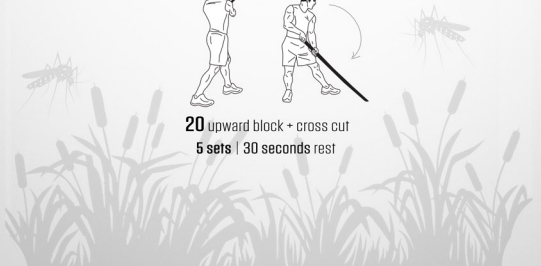
20 pulse squats
5 sets | 30 seconds rest



20 side-to-side lunges
5 sets | 30 seconds rest



20 upward block + cross cut
5 sets | 30 seconds rest

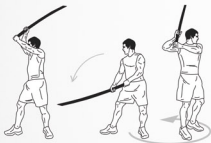


RONIN'S BLADE

© darebee.com Day 21

You come across two wolf packs fighting.
Snow wolves VS Shadow wolves.

Side with the Snow wolves.

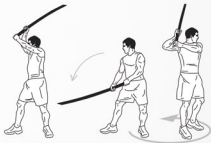


20 vertical cut + 180° twist
5 sets | 30 seconds rest



40 cross cuts
5 sets | 30 seconds rest

Side with the Shadow wolves.



20 vertical cut + 180° twist
4 sets | 30 seconds rest



20 vertical cuts
4 sets | 30 seconds rest

RONIN'S BLADE

© darebee.com Day 22

You sided with The Snow wolves:
Run with the wolves.



20 climbers

5 sets | 30 seconds rest



10 basic burpees

5 sets | 30 seconds rest

You sided with The Shadow wolves:
Run AWAY from the wolves.



30 high knees

5 sets | 30 seconds rest



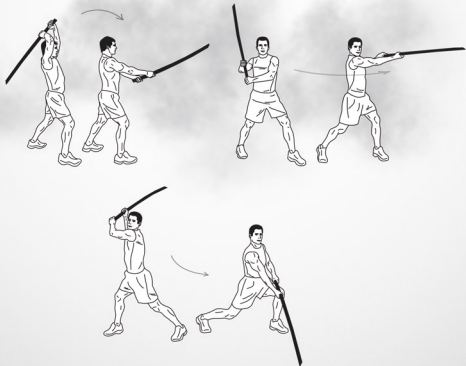
10 jump squats

5 sets | 30 seconds rest

RONIN'S BLADE

© darebee.com Day 23

You enter thick fog. Cut your way through.
Set a timer for **10 minutes** and do any of the following cuts:
vertical cut, horizontal cut or cross cut until the time is up.
Only pause for 10 seconds or less, when you need to.



RONIN'S BLADE

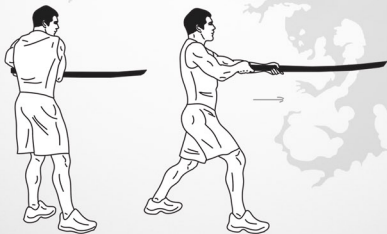
© darebee.com Day 24

Shadows are attacking from the fog!

Cut them down!

500 thrusts in total

split into manageable sets



RONIN'S BLADE

© darebee.com Day 25

You are finally at the feet of the mountain. Get to the Temple. Pick a path.

Direct. Through the trees.
(harder but faster)

20 high knees

10 reverse lunges

5 sets in total | 30 seconds rest



Winding Road.
(easier but longer)

20 march steps

10 butt kicks

7 sets in total | 30 seconds rest



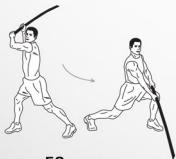
RONIN'S BLADE

© darebee.com Day 26

You took the Direct Path:
Clear the branches.



50 vertical cuts
3 sets | 60 seconds rest

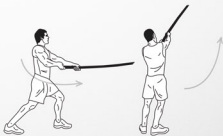


50 cross cuts
3 sets | 60 seconds rest

You took The Winding Road:
It's blocked by a KAMIKIRI.
Fight to pass.



20 horizontal cut
5 sets | 30 seconds rest



20 cross cut + uppercut
5 sets | 30 seconds rest

RONIN'S BLADE

© darebee.com Day 27

Meditate on top of a cliff for 20 minutes.



OPTIONAL
Read out aloud:

A world of dew,
And within every dewdrop
A world of struggle.

"A World of Dew" by Kobayashi Issa

RONIN'S BLADE

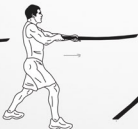
© darebee.com Day 28

You arrive at the Temple. Something is happening inside.
The entrance is blocked by the Shadow Yuki-onna.
Defeat her to get inside.



30 block + horizontal cut

30 vertical cuts



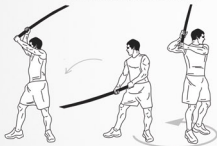
60 thrust + uppercut

RONIN'S BLADE

© darebee.com Day 29

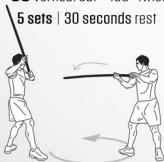
Inside, you see Kitsune locked in a fight with a massive Shadow Dragon. Your katana glows. Your weapon will decide this battle. Choose a side.

Side With The Kitsune



30 vertical cut + 180° twist

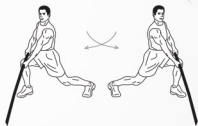
5 sets | 30 seconds rest



30 180° twist + horizontal cut

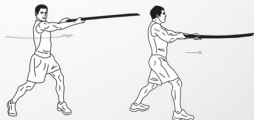
5 sets | 30 seconds rest

Side With The Dragon



30 double cross cut

5 sets | 30 seconds rest



30 horizontal cut + thrust

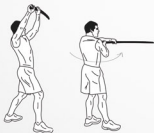
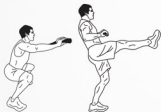
5 sets | 30 seconds rest

RONIN'S BLADE

© darebee.com Day 30

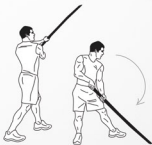
You realize what you do next will change the course of this world and your life.
You can still change sides.

Fight with the Kitsune.



10 squat + front kick
10 upward block + horizontal cut
5 sets | 30 seconds rest

Fight with The Dragon.



10 side-to-side lunges
10 upward block + cross cut
5 sets | 30 seconds rest

See the ending for the conclusion.

RONIN'S BLADE

© darebee.com **ENDING**

You sided with The Kitsune
on Day 30:



The Shadow Dragon falls. The nine-tailed fox smiles showing you his sharp teeth. Your katana glows bright and its light swallows everything in sight. You blink.

When you open your eyes you are in your room, in your own bed. You shake your head. "What a strange dream", - you think. You get up and are about to get about your day when you notice something sticking out from under your bed. Your katana. And it glows.

You sided with The Dragon
on Day 30:



The nine-tailed fox falls and the Shadow Dragon rises. You hear echoing laughter and the shadows swallow everything in sight. You blink.

You wake up in a forest with no memories of how you got here. There is a katana next to you. Dark shadows are approaching...