

# E70 - The Other Side of Anxiety

Source: [Crunchyroll](#)

Translator:

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Timer:

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**[00:04]** ---

JONIN

CHUNIN

GENIN

RECEPTION - INFORMATION DESK

I will now announce your mission.

**[00:08]** ---

Team 5 will transport a plate

**[00:09]** ---

that's classified as  
a national treasure.

**[00:14]** ---

We're going to transport this?

**[00:15]** ---

This is kind of nerve-wracking...

**[00:18]** ---

Leave it to me!

**[00:26]** ---

Hey, what's that?

**[00:30]** ---

Oh, this?

**[00:31]** ---

It's a secret item that  
cures anxiety!

**[00:35]** ---

With this...I can wave goodbye  
to anxiety!

**[00:39]** ---

Okay, let's go!

**[02:12]** ---

GOOD LUCK EVERYONE!

**[02:12]** ---

GOOD LUCK EVERYONE!

*The Other Side of Anxiety*

What? You're back already?

**[02:14]** ---

*The Other Side of Anxiety*

**[02:19]** ---

The moment I handed it to him,  
he got nervous...

**[02:22]** ---

And he dropped it on the spot.

**[02:25]** ---

I-I'm sorry.

**[02:27]** ---

That thing didn't work at all.

**[02:30]** ---

It wasn't because of anxiety!

**[02:32]** ---

My hand slipped, that's all!

**[02:35]** ---

Why did you start wearing it  
in the first place?

**[02:38]** ---

Oh, this?

**[02:41]** ---

I have important training coming up  
for which I cannot get nervous!

**[02:46]** ---

I bought it just for the training!

**[02:49]** ---

He seriously believes something  
that like will work?

**[02:59]** ---

Eight Inner Gates!  
First Gate of Opening...

**[03:02]** ---

Open!

**[03:17]** ---

Let us begin.

**[03:20]** ---

The Eight Inner Gates allows you  
to free all your limits,

**[03:23]** ---

and acquire enormous power.

**[03:26]** ---

1. GATE OF OPENING
2. GATE OF REST
3. GATE OF LIFE

4. GATE OF PAIN
5. GATE OF CLOSING
6. GATE OF JOY
7. GATE OF SHOCK
8. GATE OF DEATH

There are eight places that control the chakra flowing inside your body.

**[03:30] ---**

1. GATE OF OPENING
2. GATE OF REST
3. GATE OF LIFE
4. GATE OF PAIN
5. GATE OF CLOSING
6. GATE OF JOY
7. GATE OF SHOCK
8. GATE OF DEATH

What you just witnessed,

**[03:32] ---**

1. GATE OF OPENING
2. GATE OF REST
3. GATE OF LIFE
4. GATE OF PAIN
5. GATE OF CLOSING
6. GATE OF JOY
7. GATE OF SHOCK
8. GATE OF DEATH

is the result of opening the first of these gates.

**[03:35] ---**

It is the only technique that I, being unable to use ninjutsu,

**[03:38] ---**

can pass onto you.

**[03:40] ---**

I figured it was time to teach it to you.

**[03:43] ---**

The ultimate taijutsu technique that you mastered...

**[03:47] ---**

I'll finally be learning it?

**[03:49] ---**

I told you before, the more Gates you open,

**[03:54]** ---

the greater this technique takes  
a toll on your body.

**[03:58]** ---

My master, Guy Sensei,

**[04:01]** ---

sustained grave injuries  
throughout his entire body

**[04:03]** ---

due to the effects of  
the Eight Inner Gates.

**[04:05]** ---

And in order to master this technique,  
above all else...

**[04:09]** ---

your resolve to face the truth will  
be tested to the limits.

**[04:15]** ---

Do you have that resolve?

**[04:18]** ---

H-Hold on a minute!

**[04:21]** ---

Please!  
I leave it all to you!

**[04:23]** ---

What's the matter?

**[04:24]** ---

Yes... Of course!

**[04:28]** ---

What's that necklace?

**[04:30]** ---

Oh, this?

**[04:33]** ---

It's something that cures anxiety!

**[04:35]** ---

Anxiety?

**[04:37]** ---

I absolutely cannot afford to get nervous  
during this training,

**[04:41]** ---

so I found it online!

**[04:42]** ---

It really makes me feel great!

**[04:46]** ---

Damn it...you're so...

**[04:51]** ---

I'm postponing

the Eight Inner Gates training.

**[04:55]** ---

Seems it's a little too soon for you.

**[04:58]** ---

H-Huh? Why?

**[05:01]** ---

Until you yourself realize why,  
there's nothing I can teach you.

**[05:09]** ---

P-Papa?

**[05:16]** ---

*Why did Papa say that?*

**[05:22]** ---

I must do something  
about my anxiety!

**[05:25]** ---

It's still morning and the power  
of youth is ablaze in you!

**[05:29]** ---

Huh?!

**[05:32]** ---

Sorry, sorry!

**[05:34]** ---

I was doing my rehab when  
I saw you looking troubled!

**[05:37]** ---

YOUTH

**[05:40]** ---

Gu...!

**[05:41]** ---

Guy Sensei?!

**[05:43]** ---

Is that you...Metal?!

**[05:46]** ---

You've grown up!

**[05:49]** ---

Y-Yes!

**[05:50]** ---

But Metal...

**[05:52]** ---

What's with the long face?

**[05:54]** ---

W-Well, you see...

**[05:58]** ---

I understand...

**[05:59]** ---

The Eight Inner Gates, huh...

**[06:02]** ---

Yes...

**[06:03]** ---

I'm sure my dad's disgusted

**[06:04]** ---

at how I always get nervous  
right away...

**[06:08]** ---

Hmm...

**[06:09]** ---

All right, I understand.

**[06:11]** ---

Metal, if you're free, hang out  
with me today.

**[06:15]** ---

Huh?

**[06:16]** ---

I'm on my way to teach  
at the Academy.

**[06:20]** ---

Maybe you'll pick up  
a hint or two.

**[06:25]** ---

Let's go!

**[06:26]** ---

Uh...okay!

**[06:35]** ---

Hmm? Are you curious about it?

**[06:37]** ---

Oh, I'm sorry! It's just...

**[06:40]** ---

It's okay.

**[06:41]** ---

Thanks to this, I've been able  
to focus on rehab.

**[06:46]** ---

I can move even better  
than before,

**[06:47]** ---

if it's a limited amount of time.

**[06:49]** ---

*And here I am,  
worrying about my anxiety.*

**[06:53]** ---

*You're amazing, after all,  
Guy Sensei!*

**[07:10]** ---

Amazing! You've trained well!

**[07:14]** ---

O-Of course!

**[07:16]** ---

This is the least I should  
be able to do...

**[07:19]** ---

if I'm going to master  
the Eight Inner Gates!

**[07:35]** ---

We were late all because  
of my anxiety...

**[07:38]** ---

Is just one not effective enough?

**[07:42]** ---

I'd better buy one more.

**[07:47]** ---

Mr. Guy is a great war hero!

**[07:50]** ---

Getting to hear him talk is...

**[07:54]** ---

So exciting!

**[07:55]** ---

H-How come you're here  
when you're not students?

**[07:59]** ---

Iwabe is a great fan  
of Mr. Guy's.

**[08:01]** ---

What, Denki?

**[08:03]** ---

Don't you want to hear him talk?

**[08:05]** ---

S-Sure, I want to hear him. I do!

**[08:07]** ---

You haven't changed, Iwabe.

**[08:10]** ---

Now then, do you remember  
the difference

**[08:12]** ---

between ninjutsu and taijutsu?

**[08:14]** ---

Of course!

**[08:16]** ---

Ninjutsu goes boom! I mean,  
it has force, and then...

**[08:20]** ---

Seriously...

**[08:21]** ---

Ninjutsu is often viewed  
as essential to a shinobi,

**[08:25]** ---

but taijutsu is just as important.

**[08:28]** ---

That's because...

**[08:29]** ---

Without relying on chakra or seals,  
one can swiftly counterattack

**[08:33]** ---

against a foe, right?

**[08:35]** ---

Mmm-hmm.

**[08:37]** ---

I'm not good at taijutsu  
so I want to learn more about it.

**[08:41]** ---

That's why I came.

**[08:43]** ---

I like your spirit!

**[08:45]** ---

Just listening to my lecture  
will make you stronger!

**[08:48]** ---

Yes! I'll pay close attention!

**[08:51]** ---

*And I'm going to find hints  
that will help me conquer my anxiety!*

**[08:57]** ---

Ninjutsu may be important.

**[09:00]** ---

However, because I honed  
my taijutsu,

**[09:02]** ---

I was able to fight side by side  
with Naruto

**[09:05]** ---

during the Great Ninja War.

**[09:08]** ---

And without a doubt,

**[09:10]** ---

he was the strongest foe  
we've ever faced.

**[09:13]** ---

His name was...

**[09:15]** ---

- His name was...

- His name was...

**[09:18]** ---

I forgot!

**[09:22]** ---

Of course, there were things

I lost as well.

**[09:25]** ---

However, we were able to protect  
what we valued the most.

**[09:29]** ---

I have no regrets.

**[09:32]** ---

Guy Sensei, thank you for  
your inspiring talk.

**[09:37]** ---

All right, does anyone have  
any questions?

**[09:40]** ---

Um...

**[09:41]** ---

You really don't have  
any regrets?

**[09:45]** ---

Nope, not at all!

**[09:47]** ---

Thanks to these legs,  
I can still persevere!

**[09:51]** ---

Instead of lamenting about  
how things are,

**[09:54]** ---

confronting the truth  
makes people even stronger.

**[09:59]** ---

I truly believe that.

**[10:00]** ---

H-Huh?!

**[10:03]** ---

All right, please demonstrate  
your taijutsu.

**[10:06]** ---

Will you be okay?!

**[10:08]** ---

Don't worry.

**[10:10]** ---

Now then...

**[10:11]** ---

I'm going to ask you two  
over there to volunteer.

**[10:13]** ---

Huh?

**[10:14]** ---

Two of us against you, Guy Sensei?

**[10:17]** ---

Are you sure?  
With that leg?

**[10:19]** ---

Of course, you heard me earlier.

**[10:22]** ---

I'm more agile than before.

**[10:24]** ---

All right.

**[10:26]** ---

Two against one is nothing.

**[10:33]** ---

Okay, let's begin.

**[10:41]** ---

They're all paying close attention!

**[10:44]** ---

*I can't depend on him.*

**[11:27]** ---

The match is over!

**[11:28]** ---

The winner is Guy Sensei!

**[11:31]** ---

Wow! Amazing!

**[11:33]** ---

He did it all on one leg...

**[11:36]** ---

War heroes are truly amazing...

**[11:49]** ---

What's the matter, Metal?  
You seem depressed.

**[11:53]** ---

Guy Sensei,  
you are really awesome!

**[11:56]** ---

Huh?

**[11:58]** ---

You faced up to your handicap  
and conquered it.

**[12:02]** ---

Compared to you, I...

**[12:04]** ---

I'm just not able to conquer  
my anxiety.

**[12:08]** ---

That's why my dad's disgusted  
with my weakness.

**[12:14]** ---

That's not true, Metal.

**[12:16]** ---

I'm sure you've realized what  
Lee's real intention was.

**[12:21]** ---

Huh?

**[12:22]** ---

How does one really  
face the truth?

**[12:24]** ---

I suggest you think  
about that once more.

**[12:41]** ---

The Eight Inner Gates...

**[12:43]** ---

The First Gate...

**[12:47]** ---

*How does one really face  
the truth?*

**[12:49]** ---

*I suggest you think  
about that once more.*

**[13:00]** ---

So this is, after all...

**[13:02]** ---

No, unless I have this,  
I can't control my anxiety.

**[13:14]** ---

Hey, Lee...

**[13:15]** ---

Guy Sensei...

**[13:16]** ---

Metal is deeply troubled...

**[13:19]** ---

When this should be  
the springtime of his youth.

**[13:22]** ---

I'm very sorry you got involved  
with this.

**[13:29]** ---

It's me you're talking to.

**[13:31]** ---

Don't be so distant.

**[13:34]** ---

Anyway, what do you plan  
on doing with Metal?

**[13:38]** ---

Well...

**[13:40]** ---

I can't keep on depending  
on you, Guy Sensei.

**[13:43]** ---

From this point on,  
I'll face Metal in my own way.

**[13:51]** ---

We were so close to  
capturing the thief...

**[13:55]** ---

I'm sorry... It's my fault.

**[13:58]** ---

Yeah, that's true.

**[13:59]** ---

There's no doubt that it was  
all because of you.

**[14:02]** ---

The way those things jangled,

**[14:04]** ---

it was like we were announcing  
where we were!

**[14:07]** ---

That...may be so, but...

**[14:10]** ---

Without these, I...

**[14:13]** ---

Metal!

**[14:15]** ---

P-Papa?

**[14:18]** ---

W-What's going on?

**[14:21]** ---

I...challenge you!

**[14:24]** ---

- A challenge?!

- A challenge?!

**[14:27]** ---

I will be awaiting

tomorrow morning

**[14:28]** ---

at the Academy training grounds.

**[14:30]** ---

Hold on a second!

**[14:32]** ---

Th-This is so sudden...!

**[14:34]** ---

If you want to master  
the Eight Inner Gates,

**[14:36]** ---

accept the challenge!

**[14:38]** ---

However, I'm inviting people to watch.

**[14:42]** ---

Why?

**[14:43]** ---

Would that make you so nervous,  
that you couldn't do anything?

**[14:47]** ---

If you can't do it,  
then just give up now.

**[14:50]** ---

It's inconceivable that you can  
ever master the Eight Inner Gates

**[14:53]** ---

if you can't face  
this challenge head on.

**[14:59]** ---

Oh, and...

**[15:01]** ---

If you manage to hit me just once,  
you win.

**[15:11]** ---

That's quite a predicament...

**[15:14]** ---

Guy...Sensei.

**[15:18]** ---

What should I do?

**[15:20]** ---

Metal...

**[15:22]** ---

Does your anxiety scare you  
that much?

**[15:26]** ---

You're someone  
who gets anxious.

**[15:28]** ---

I believe that's the real  
and true you.

**[15:35]** ---

Facing up to your true self...

**[15:38]** ---

The person you are now should be  
able to figure out what that is.

**[16:03]** ---

I wonder if Metal's coming?

**[16:08]** ---

He's here!

**[16:17]** ---

*Metal...*

**[16:20]** ---

You didn't run away  
from this situation...

**[16:23]** ---

I prejudged you.

**[16:26]** ---

G-Guy Sensei is confronting himself  
through his rehabilitation.

**[16:35]** ---

Whereas I...relied on a necklace

**[16:40]** ---

and tried to run away  
from my anxiety.

**[16:43]** ---

What's important is not  
to get rid of the anxiety,

**[16:47]** ---

but to confront my anxiety  
and accept it.

**[16:51]** ---

That's why, I won't run away  
from my anxiety anymore.

**[16:54]** ---

I made an oath to myself!

**[16:57]** ---

So right here, right now...

**[17:01]** ---

I will prove this oath to you!

**[17:09]** ---

O-Okay...

**[17:11]** ---

Let's do this!

**[17:14]** ---

So, you finally understand...

**[17:16]** ---

Okay, let's test just how well  
you can battle

**[17:19]** ---

when you acknowledge  
your anxiety!

**[17:35]** ---

They're laughing at me!

**[17:50]** ---

Someone like me,

**[17:52]** ---

can't possibly master  
the Eight Inner Gates, huh...?

**[17:58]** ---

But!

**[18:00]** ---

The one thing I will do,  
is to prove that...

**[18:05]** ---

I won't run away from  
my anxiety again!

**[18:09]** ---

*Metal! You're so—!*

**[18:15]** ---

I won't go easy on you!

**[18:24]** ---

*Right here!*

**[18:25]** ---

There are so many people watching!

**[18:27]** ---

What?!

**[18:33]** ---

*Those movements!*

*They're from—!*

**[18:43]** ---

They're laughing at me again?!

**[18:59]** ---

They were all laughing earlier,  
but now,

**[19:01]** ---

they're paying close attention!

**[19:03]** ---

*His moves are so erratic,*

*I can't read them clearly.*

**[19:09]** ---

Hang in there!

**[19:11]** ---

He's pushing past it! Go!

**[19:20]** ---

L-Leaf!

**[19:22]** ---

Hurricane!

**[19:38]** ---

Amazing!

**[19:46]** ---

The match is over!

**[19:48]** ---

And the winner is...

**[19:49]** ---

Metal Lee!

**[19:52]** ---

I w-won?!

**[19:57]** ---

Well done, Metal!

**[20:00]** ---

P-Papa?!

**[20:04]** ---

This being the result of you  
confronting your anxiety...

**[20:07]** ---

I'm impressed!

**[20:08]** ---

I-I'm going to start my training  
all over again...

**[20:12]** ---

And one day for sure,

**[20:14]** ---

I will master  
the Eight Inner Gates!

**[20:17]** ---

You're on your way...

**[20:18]** ---

That hit just now was all from you  
opening the First Gate...

**[20:23]** ---

Huh?

**[20:24]** ---

Probably that extreme anxiety  
you felt

**[20:27]** ---

produced an unbelievable amount  
of adrenaline...

**[20:30]** ---

Leading you to opening  
the First Gate.

**[20:35]** ---

And to toy with your opponent  
with your unpredictable moves...

**[20:40]** ---

which no one else can imitate,

**[20:44]** ---

I was right, after all.

**[20:46]** ---

Huh?

**[20:47]** ---

Yes!

**[20:48]** ---

That facing yourself  
will make you strong.

**[20:52]** ---

- G-Guy Sensei!

- G-Guy Sensei!

**[20:55]** ---

You guys...

That's the spirit of youth!

**[20:58]** ---

This feels so nostalgic!

**[21:01]** ---

So this is the springtime of life!

**[21:02]** ---

Right, this is the springtime of life!

**[21:05]** ---

All right, now it's time for  
three thousand pushups!

**[21:12]** ---

Oh!

**[21:13]** ---

- Huh?

- Huh?

**[21:14]** ---

What did you do  
with that necklace?

**[21:17]** ---

Oh, I don't need it anymore.

**[21:21]** ---

An anxious me is the genuine me.

**[21:26]** ---

W-Well... A lot of things happened...

**[21:29]** ---

I-It was amazing, huh?

**[21:32]** ---

Team 5, your mission is to deliver

**[21:33]** ---

this very valuable vase.

**[21:42]** ---

Please, do not break it.

**[21:50]** ---

Calm down!

**[21:51]** ---

- I just can't!

- Hey, you'll drop it!

**[23:25]** ---

Hey, youngster!

Show me around the Leaf Village.

**[23:28]** ---

What is up with this geezer?

**[23:30]** ---

Are you the hero of  
the Great Ninja War,

**[23:32]** ---

Ohnoki the Fence-Sitter?!

**[23:33]** ---

But the Five Kage Summit  
is happening right now...

**[23:36]** ---

I don't care about that!

**[23:37]** ---

Take me to  
a dumpling shop quickly—

**[23:39]** ---

Oh! My back!

**[23:42]** ---

Next time on Boruto Naruto  
Next Generations:

**[23:44]** ---

"The World's Most Hardest Stone"

**[23:47]** ---

Is this geezer really  
a legendary shinobi?

**[23:51]** ---

THE WORLD'S MOST HARDEST STONE

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