

# Manabu 学

## Issue 4

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Welcome to your fourth edition of our newsletter!

We hope you had a restful Christmas! We're back with more news, techniques, and event information to keep you connected. **We are also very excited to feature Thomas Aasen as a guest writer in this issue to share his perspective on Nanbudo as a tool to explore the body-mind connection — a perfect topic as we reflect and reset for the year ahead.**

Just like last time, we'll be diving into our three main sections:

**YouTube Channel News:** The latest videos, updates, and announcements directly from our new channel.

**Events & Seminars:** Information on upcoming opportunities to train and learn together.

**Insights & Techniques:** A deep dive into the principles and practices of nanbudo.

If you didn't subscribe last issue:

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**[Heiwa YouTube channel updates!](#)**

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Thank you to everyone who has already subscribed to our new YouTube channel! If you haven't had a chance to visit yet, we have three short videos ready for you to watch. See what we've been up to at the dojo and subscribe to be the first to know when we post new content!

Advanced nanbudo: Kaeshi waza - nanbu sotai take kiri kaeshi/ude garami



Buki practice: Bo kaiten nage



## Ippon shobu experiments



Don't forget to like, share, and subscribe to our channel for more valuable content!

## Upcoming nanbudo seminars led by Leo Rafolt:

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### International Nanbudo Summer Seminar in Zaton

**Date:** 20.6.2026-27.6.2026

**Instructor:** Leo Rafolt

**Description:** Detailed information available on event link.

**Register by:** February 1st at [mihaelzupancic@gmail.com](mailto:mihaelzupancic@gmail.com)

[Facebook event link](#)

**\*\*Advance payment to confirm reservation of 30% to be payed before February 1st 2026.\*\***

Spaces are limited, so secure your spot as soon as possible!



Thomas Aasen ([thomas.aasen@sfjbb.net](mailto:thomas.aasen@sfjbb.net))

## Nanbudo as a tool to explore the body-mind connection

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“The hand represents the visible part of the brain”, the German philosopher Immanuel Kant claimed more than 250 years ago. In fact, we can include the whole body as a tool for the expression of thoughts and ideas. Think of artists with non-functional arms creating incredible paintings by handling the brush with their mouth or feet, or handcraft masters who intuitively know exactly how to guide and shape their materials. In an age where more and more functions in daily life are taken over by automatized processes or handed over to professionals, the brain-body link is no longer naturally stimulated during daily life.



We are not always aware of it, but through Nanbudo there is a constant opportunity to challenge and develop communication skills between brain and body. Even before involving fighting strategies or targeted physical exercises, the pure training of movements, together with a partner or alone, contains lots of tasks to be solved. Non-symmetrical movement patterns of legs and arms, the use of rotation, the importance of grounding; aspects which require focus and close attention. When facing an adversary, we widen the understanding of distance and space in general, and we are confronted with another person`s energy. To be the best is not important. Neither to win or perform the most advanced techniques. It is all about experiencing the joy of communication between body, mind and partner.

Nanbu Doshu Soke often urged his students; “you must feel”, and he spoke about the value of intuition. Both qualities may sound strange and on the outside of rational thinking. However, through awareness and observation during training, without trying to force results, we might be able to connect and experience a new and different level of practice.



Our founder defined Nanbudo as a method for the creation of energy, and during randoris and katas we strive for harmony. A useful help to approach these goals is to really explore each end of the scale of hard and soft. Unfortunately, students` kicks, and especially punch techniques often show a lack of practice hitting a target. Our training is based on non-contact, but still the obvious reason for punching and kicking is to strike something. A makiwara or a sandbag is a good teacher and a useful help for adding qualities to techniques in general.

Exploring soft movements can be even more demanding than hard physical training. Kidoho exercises require constant attention, observation of the processes going on during slow movements or even stillness. Sitting meditation, zazen, used in zen Buddhism can be a very hard practice. When the body starts to hurt, thoughts invade the head and the mind begs for entertainment, we discover that stillness for a long time can be much harder than physical exercise and movement.

Through the study and practice of Nanbudo budoho and kidoho we are invited to explore body, mind and potentials we are not aware of.

We look forward to seeing you on the tatami!

Useful links:

**Website | Facebook | Instagram | YouTube | Subscribe link**