

Manabu 学

Issue 6

Welcome to your sixth edition of our newsletter!

We're back with more news, techniques, and event information to keep you connected.

This issue we have a special report from Viktor Patla regarding this years summer seminar in Zaton, Croatia.

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

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

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

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

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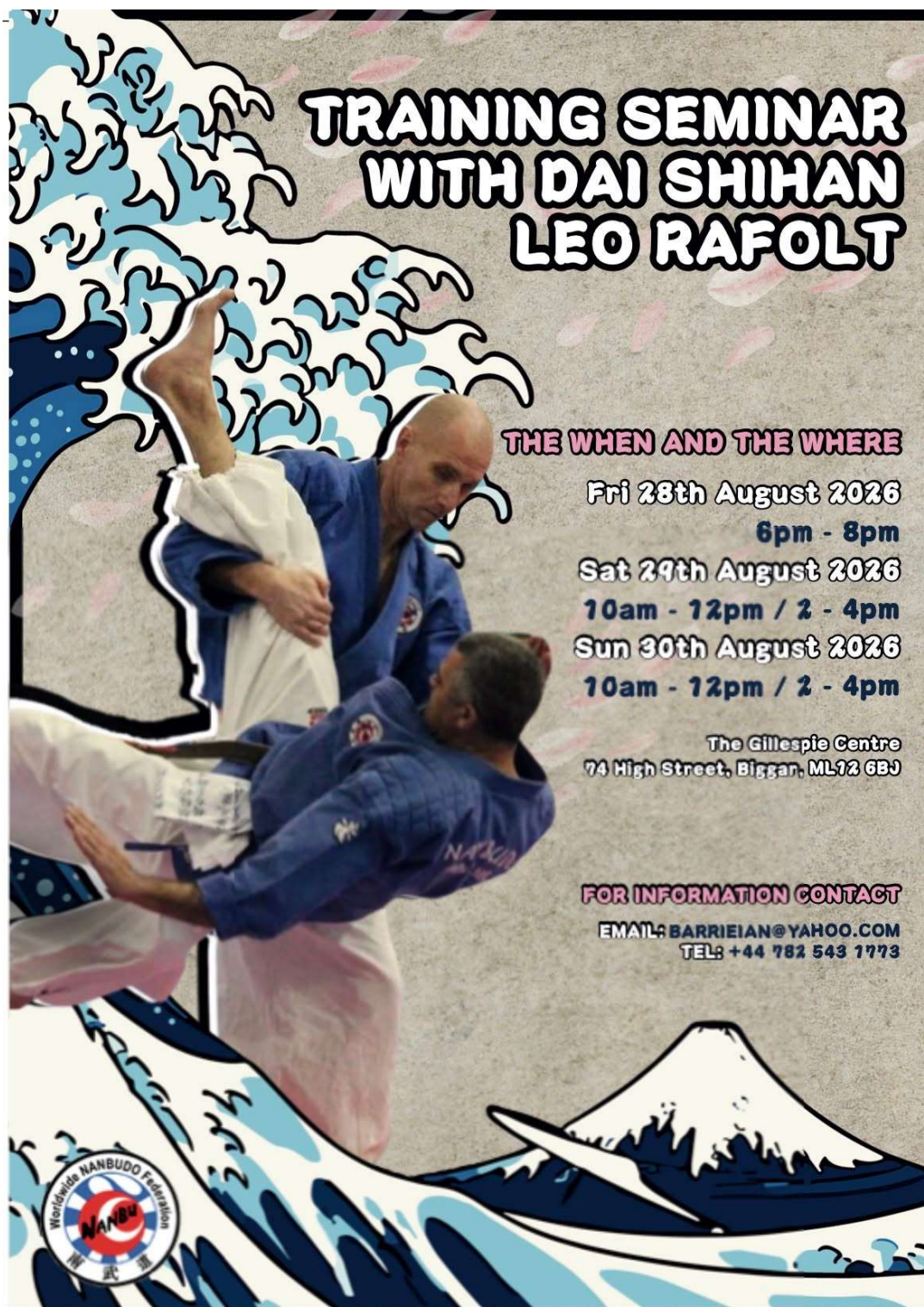
Upcoming nanbudo seminars led by Leo Rafolt:

Summer Nanbudo Training - Shochugeiko (暑中稽古), Biggar, Scotland

Date: 28.8.2026-30.8.2026

Instructor: Leo Rafolt

Description: Detailed information available on [event link](#).

A poster for a Nanbudo training seminar. The background features a stylized illustration of two men in blue and white Nanbudo uniforms practicing a technique. The man in the foreground is in a dynamic pose, with one leg raised. The background also includes stylized waves and a mountain. The text is in a bold, sans-serif font. The title 'TRAINING SEMINAR WITH DAI SHIHAN LEO RAFOLT' is prominently displayed at the top. Below it, the dates and times for the seminar are listed. The location is 'The Gillespie Centre, 74 High Street, Biggar, ML12 6BJ'. Contact information is provided at the bottom right. A circular logo for the 'Worldwide Nambu Federation' is in the bottom left corner.

TRAINING SEMINAR WITH DAI SHIHAN LEO RAFOLT

THE WHEN AND THE WHERE

Fri 28th August 2026
6pm - 8pm

Sat 29th August 2026
10am - 12pm / 2 - 4pm

Sun 30th August 2026
10am - 12pm / 2 - 4pm

The Gillespie Centre
74 High Street, Biggar, ML12 6BJ

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Worldwide Nambu Federation
Nambu
南武連

Viktor Patla

Zaton seminar report, June 2026

Hungarian Nanbudokas at the Zaton Nanbudo Camp, Croatia

Hungarian Nanbudokas spent a wonderful week together with their Croatian friends in Zaton, Croatia. Returning to Zaton after my previous visit in 2009 was a special experience. While some Nanbudokas and the spirit of Nanbudo remained familiar, both the practitioners and their knowledge have developed greatly over the years.

Zaton has also changed significantly. Today it is a modern four-star holiday resort with excellent facilities, comfortable accommodation, and a wide variety of food and beverages.

The Nanbudo trainings, led by Leo Rafolt and the Croatian instructors, were, as always, inspiring, creative, conceptual, and full of positive energy. Beyond technical improvement, we gained many important mental and philosophical lessons.

Key Lessons and Memories from the Trainings

1. Uke and Tori Attitude

“Always being kind does not necessarily mean being strong inside.”

As uke, we should sometimes keep a 20% tori attitude: accepting the situation while staying prepared for the possibility of an attack. Likewise, tori should always be aware that he too can be attacked, i.e., he can become uke.

2. Aiki vs. Kiai

- Aiki: inner stability, harmony, and balance.
- Kiai: the expression and flow of inner power outward.

3. Calmness Instead of Tension

We should learn to wait for an attack with a calm mental state and use

small, efficient avoiding movements. Large external movements often create unnecessary tension in the body.

4. De-escalating Conflicts

Instead of focusing on immediate and fixed counterattacks, avoiding, redirecting, and controlling the situation may often be enough to decrease aggression from the attacker.

5. Facing Conflicts

Running away is not always the best strategy, as it may increase aggression. Avoidance combined with a small amount of tori attitude can create better solutions. This principle also applies to everyday life: instead of escaping or escalating problems, we should develop perseverance and the ability to calm ourselves and others.

Doshu's vision was to find balance between the strength of traditional karate and the lighter, more harmonious attitude of aikido developed after World War II.

Bokken Lessons



Awase means matching and blending with the opponent's movement and energy.

In real situations, the opportunity to act can be very short. The bokken

teaches the principle of cutting, which can also be applied to empty-hand techniques.

The key is to wait until the last moment and respond with a counterattack when the direction of the opponent's movement becomes clear. Moving too early will make the opponent change his attack.

Technical Practice

We practised many Nanbudo techniques, including:

- Shihotai
- Nanbu Shodan, Nidan and Sandan
- Sotai tori and uke
- Kasumi Randori Ichi No and Ni No Kata
- Suwari Randori Ichino and Nino
- throwing techniques in the sea

Bo (Long Stick) Principles



The bo has different sections with different roles. The practitioner must experiment with its length, weight, and balance.

The bo is especially effective for thrusting techniques. The target is not the tip itself, but the area beyond it. The bo should move through the target instead of bouncing away.

The Kaiten Furi exercises were challenging and sometimes intimidating, especially when attacking an opponent's bo.

We also practised:

- Bo Ten Ryu kata
- Wrist exercises holding the bo in different static directions

Leo's important reminder:

"Those who do not understand the principles of bo and bokken will never fully understand Nanbudo."

Ukemi and Sutemi

We studied various ukemi and sutemi techniques.

Sutemi is the true sacrifice technique in Nanbudo. The uke is often placed in a difficult position, where surrendering the body becomes the only possible way to escape.

Practising sutemi in the sea was not only safe and enjoyable but also helped us experience techniques in a completely different environment.

Nanbudo in Water



Training in the sea has several benefits:

1. Falling becomes safer, allowing more confidence during sutemi practice.
2. The water protects us from the strong summer heat.

3. A wet kimono creates additional resistance, similar to training with extra weight.
4. The challenge and excitement of real sutemi practice create an unforgettable experience.

Life Beyond Training

The principles and techniques learned in Nanbudo extend far beyond the dojo, influencing our approach to life and personal development. The camp also included a memorable wine tasting experience, with excellent conversations and great Croatian wines.

Triangle, Square, Circle

A final important concept:

Triangle – mobility

Square – stability

Circle – continuous movement

The question is: how do we move the opponent from one state to another? Inner stability is like a drone's gyroscope: the body must remain balanced while adapting continuously.

Thank you to Leo Rafolt and all organizers for this unforgettable experience. We will happily return next year!



Heiwa YouTube channel updates!

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!

We look forward to seeing you on the tatami!

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